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The Side of Her You've Never Seen

25 Girlie Things to Start Doing Again

"Um, Vagina, Are You Okay Down There?"

Easy Fixes for Freaky Issues

Too Naughty To Say Here!

BUT YOU HAVE TO TRY THIS SEX TRICK

WOMEN AND DANGER

This Decision Could Cost You Your Life

Make Your Hair Grow Fast!

p. 83

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Carrie comes clean...

"People would be surprised to know how simple my beauty routine is. It is all about basic cleansing, UV protection, a bit of makeup, and I am out the door."

Get behind the scenes with Carrie Underwood, award-winning singer and songwriter, at Olay.com/Carrie.

> *"My work in fashion keeps me on the go, so finding products that can multi-task is a must. Olay's 2-in-1 daily facial cloths are a make-up remover, cleanser and exfoliator, all in one—perfect for streamlining my beauty routine!"*

—Caitlin of DreamandDress.com,
a blog featuring fashion
and flights of fancy

These bloggers dish the dirt...on their beauty routines!

Your skin needs (and deserves) proper cleansing, moisturizing and protection—and it is easier than you think. Caitlin of dreamanddress.com and Lauren from OffMetro.com share how Olay helps keep their skin fresh, healthy and beautiful—no matter what their busy lives throw at them.

OLAY

Lauren and Caitlin received free Olay product to try for this promotion.

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“As a travel blogger, shielding my sensitive skin from the sun is a top priority. Olay’s Complete All Day UV Moisturizer lets me enjoy my work without worrying about sun damage.”

–Lauren from offMetro.com, a green travel guide for adventurous urban dwellers

Photographer: Philip Friedman

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COSMOPOLITAN

FEBRUARY 2012

2012's Sexiest Leading Man

Sam Worthington

Fun Fearless Male of the Year

Our Fun Fearless Awards

p. 105

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attitude!

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24
lashblast 24HR

new

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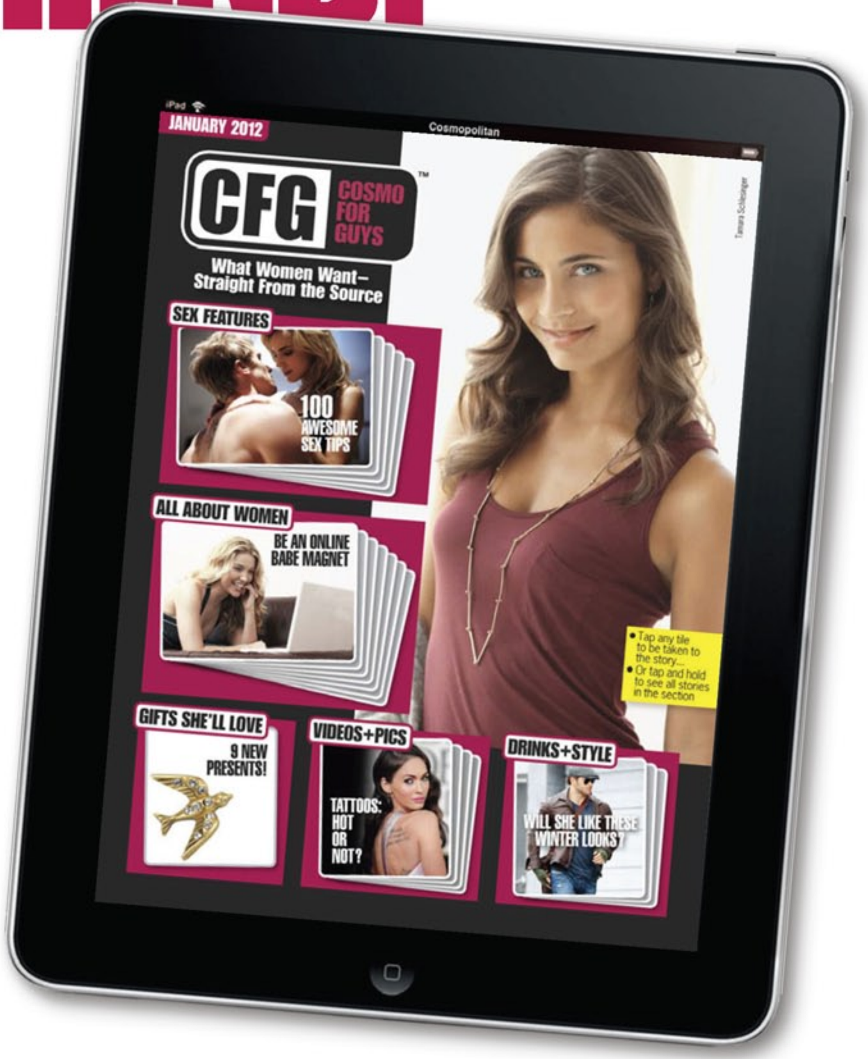
It's called CFG: Cosmo for Guys. That's right, there's a new monthly iPad app aimed at men. But don't worry, it's really all about *you*. With CFG, he'll learn exactly how to please you in and out of bed.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100 AWESOME SEX TIPS
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DRINKS+STYLE
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Tamara Schlesinger

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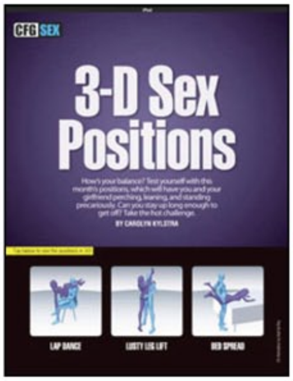
CFG SEX
LAP DANCE
LUSTY LEG LIFT
BED SPREAD

3-D Sex Positions

How's your balance? Test yourself with this month's positions, which will have you and your girlfriend perching, leaning, and standing precariously. Can you stay up long enough to get off? Take the hot challenge.

BY CAROLYN KYLSTRA

CFG FOOD&STYLE

CONVINCE HER YOU CAN REALLY COOK

This meal will impress the hell out of her, and it's so easy to make, there's no way you'll screw it up. Surprise her with dinner.

Is Her Tattoo HOT or NOT?

When it comes to lady tattoos, some are way sexy...and others miss the mark. Cast your vote, then see if other dudes agree.

BY ANNIE DALY

...Try fun, new body-bending positions in bed.

...Whip you up a gourmet-style, absolutely mouthwatering dinner and dessert.

...Use creative and surprising props from around the house to spice up your sex life.

...Nix those annoying little grooming habits that mess with his hotness.

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Bumble and bumble. PRESENTS

THE Straight LINE

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SHAMPOO
start smooth
8.5 FL OZ / OZ LIQ / 250 ml ℮
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Bb. Straight
CONDITIONER
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Thandie Newton, actress
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Cosmo February

Megalong dresses are in—just watch it on the escalator!

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This decision could cost you your life

Looking for the perfect V-Day gift for him? Get him the Cosmo for Guys iPad App, available now.

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FRANCISCO GARCIA

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MAYBE
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Emily is wearing New Dream Nude Airfoam in Classic Ivory. ©2012 Maybelline LLC.

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Cosmo 148

Be the best thing ever to happen to him in bed.

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John Frieda Full Repair Style Revival, $9

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This mane mender works with the heat from your dryer to reverse *and* prevent damage.

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A simple "It didn't work out" would have sufficed.

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(From left) CHRIS CLINTON. JEFFREY WESTBROOK/STUDIO D.

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available at Ulta
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the fragrance for women
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February

WE'D LOVE YOU TO RATE COSMO!
Go to cosmopolitan.com/february.

YOU, YOU, YOU

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You might think you're being smart...but so did these women.

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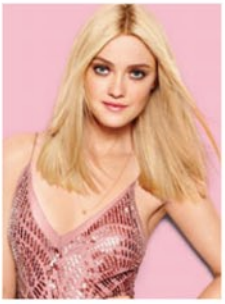
If he conjures a quarter from back there, we'll be impressed.

CHRIS CLINTON



Gown by J. Mendel. Necklace by Jacquie Aiche. Bangles by Ippolita. Bracelet by Noir Jewelry. To get Dakota's look, try Tone Rehab 2-in-1 Foundation, Smoky ShadowBlast in Bronze Fire, LashBlast 24HR Mascara in Very Black, BlastFlipstick in Perky, and Brow & Eyemakers in Soft Brown, all by CoverGirl. Hair: Chris McMillan for soloartists.com. Makeup: Kara Yoshimoto Bua for Chanel Beauté at traceymattingly.com. Manicure: Olya Titova for Chanel at Judy Casey Inc. Fashion director: Michelle McCool.
Photographed by Matt Jones.

CPi Syndication

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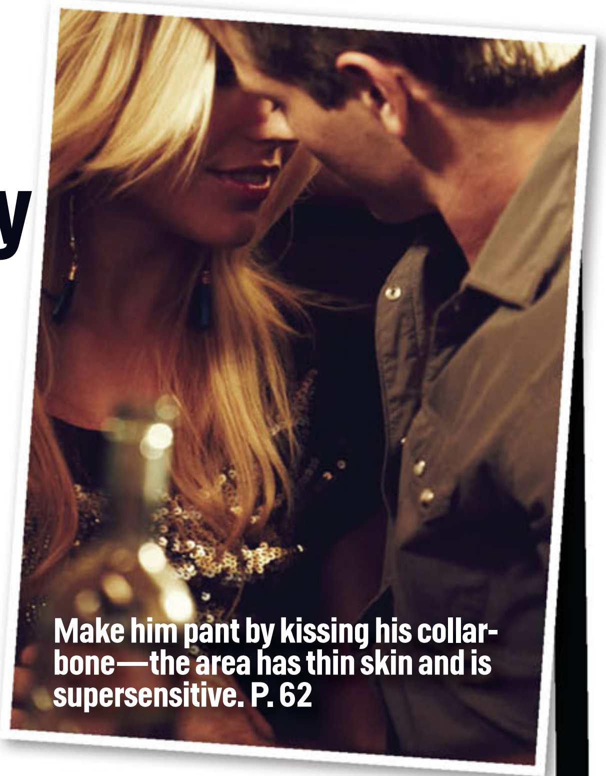
10 Things You'll Learn in February Cosmo

Get a sneak peek at some of the most fascinating insights coming up in the pages ahead.

WIN THIS!
Dragging yourself to the gym can be a, well, drag. But this should get you motivated: Enter to win a $500 GapFit gift card and a month of personal training. Just text COSMO to 36888 from January 2 to 18.


Make him pant by kissing his collarbone—the area has thin skin and is supersensitive. P. 62

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IF YOUR HAIR FEELS THIN, YOUR BIRTH CONTROL MAY BE TO BLAME. SWITCH TO ONE WITH SPIRONOLACTONE, WHICH BLOCKS HORMONES CONTRIBUTING TO THE TRESS DAMAGE. P. 83

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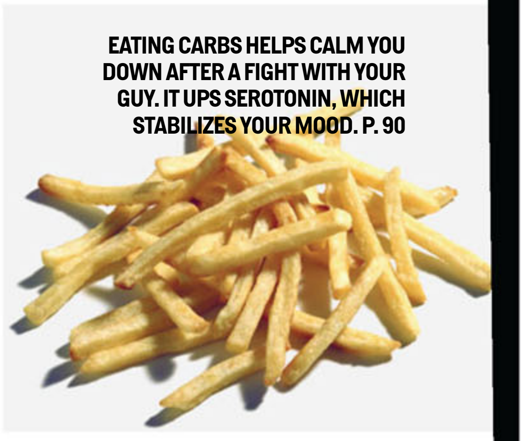
Turns out, there's a scientific reason women feel so good in an LBD. Studies show the color makes you feel more empowered and sophisticated. P. 144


EATING CARBS HELPS CALM YOU DOWN AFTER A FIGHT WITH YOUR GUY. IT UPS SEROTONIN, WHICH STABILIZES YOUR MOOD. P. 90

According to new research, when you first meet a guy, he'll look into your eyes for eight seconds on average if he finds you attractive. P. 70

For an extra-cozy bed this winter, pop your pillowcase in the microwave for a few seconds before you go to sleep. P. 191

Satisfy a Woman
EVERY. SINGLE. TIME.
Wish your guy knew exactly what you wanted in bed? We've got you covered. Check out our new book—*Satisfy a Woman Every. Single. Time.*—available at bn.com for $17.95.

(Water bottle) fotosearch.com. (Male model and couple) **CHRIS CLINTON.** (Dress) **JESUS AYALA/STUDIO D.** (French fries) StockFood/Getty Images.

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From the Editor

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Fun Fearless Females

Have you ever bumped into an old friend someplace, asked what she was up to professionally, and then found yourself unnerved by how envious her answer made you? Moments like this are probably pretty common these days because of the horrendous job market.

I found myself in that exact situation during my mid-20s. When a girl I knew asked me at a party what I was doing, I explained I worked in magazines, not bothering to add that I felt stuck in my low-level position. “What about you?” I asked. “You’re going to grad school, right?” She smiled sweetly. “Actually,” she said, “I’ve accepted a job as editor-in-chief of a newspaper on board a cruise ship that’s going around the world.”

I almost cried. To me, right then and there, that job sounded like the most awesome one imaginable. She’d be the editor of her own publication *and* get to travel around the entire world.

The next day, I was like a shark in a feeding frenzy. I called every cruise line I could find and asked if they had an onboard publication and needed an editor. If they’d managed to dredge up the Titanic, I would have signed on for *that*. But no luck; by the end of the day, I found myself hating that girl.

Envy is a nasty, sometimes toxic emotion. But used the right way, it can also be a wonderful motivator. The trick is to redirect that intense feeling away from the other person and back toward you. Is there something you’re secretly longing for? Keep in mind that envy can be diversionary—you might not be envying the exact same thing the other person has. What I realized after I finally chilled was that I didn’t want to sail the seven seas (I get seasick!) but rather I just craved change—a new job, an adventure. I switched jobs, saved my money, and went on a safari.

Zoe Weisberg Coady, one of the dynamic partners of Brandstyle Communications, a terrific PR company, told me that she regularly uses a little envy in her job. “It can be so easy to get bogged down in the day-to-day,” she says. “But when I read about someone doing something really exciting, it’s a nice kick in the butt. I think, *I* need to do that.”

So don’t squash your envy; listen to it. Then let it direct you to what you’re really lusting for.

Kate White, Editor-in-Chief

Kate White

FFF and FFM Through the Years

We’ve had a ton of amazing fun, fearless females and males since it began in 1998—here are just a few of my favorite covers. Check out this year’s winners on p. 105.

1999

2002

2005

2006

2006

2008

2010

2011

2011

(White) Keith Major Photography

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Emily is wearing New Baby Lips Lip Balm in Quenched. ©2012 Maybelline LLC. *Based on a clinical study after 4 weeks of use.

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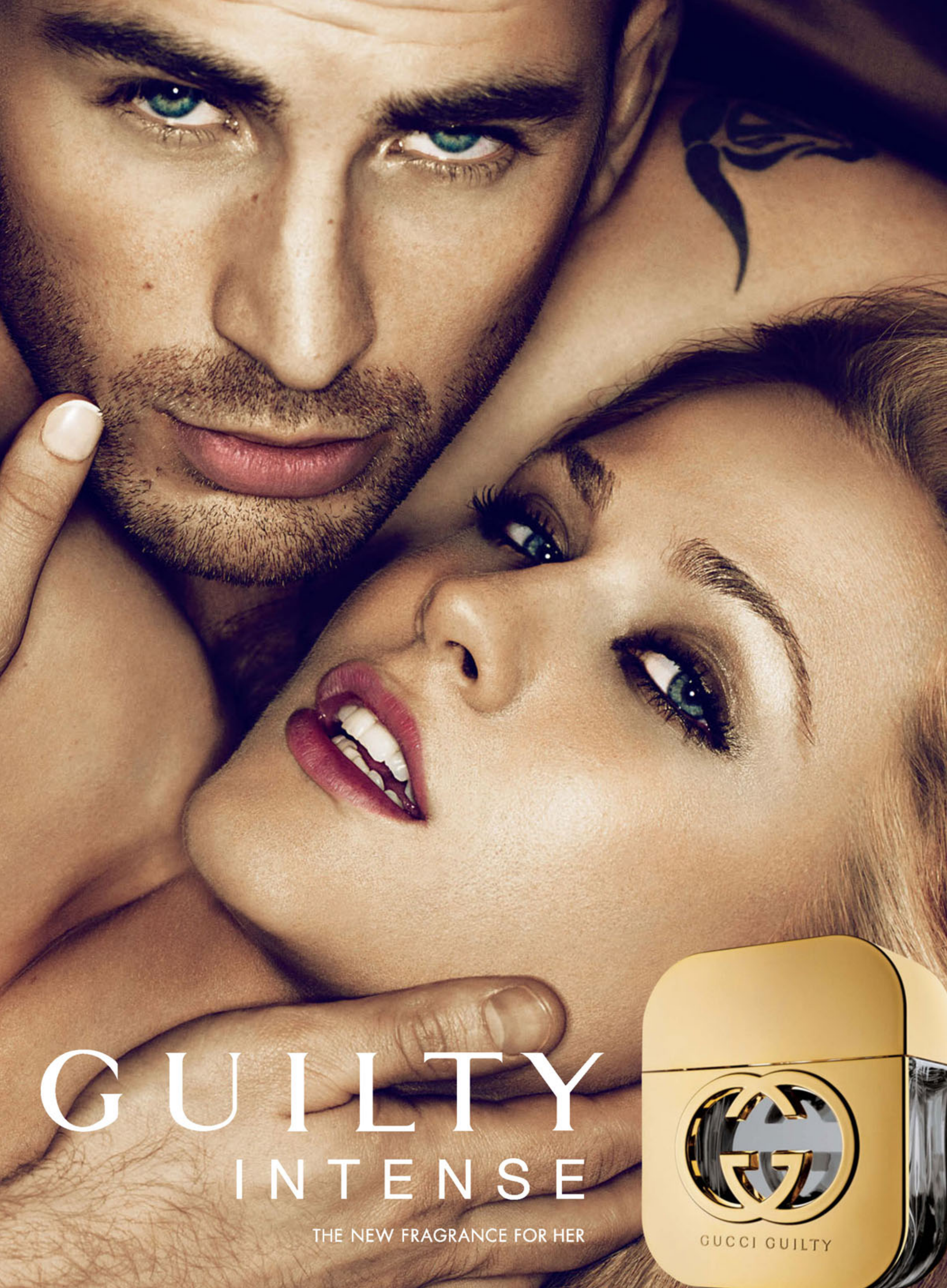
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“I PICKED AN AMAZING MOCHA, A TO-DIE-FOR METALLIC BLUE BECAUSE IT'S **SASSY** AND A GORGEOUS DEEP RED BECAUSE IT'S **CLASSY**”

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Listen to Your Momager!,
Sealed with a Kris &
My Empire…My Rules

Kim

“THE PINK AND WHITE TOTALLY PLAY INTO MY **GIRLY SIDE** BUT I ALSO LOVE THE **MYSTERY** OF A DARK GRAY SPARKLE”

KIM'S KOLORS:
Follow Me on Glitter,
Kim-pletely in Love &
It's All About the Glam

Khloé

“MY GLITTERY GOLD SHADE IS **AMAZE** AND, HELLO, THE DEEP GREEN IS **GORG**”

KHLOÉ'S KOLORS:
Khloé Had a Little Lam-Lam &
Disco Dolls

Kourtney

“RED ALWAYS LOOKS **FAB** BUT EVERYONE LOOKS **SEXY** WITH A DEEP, DARK PURPLE ON THEIR NAILS”

KOURTNEY'S KOLORS:
Kourt is Red-y for a Pedi &
Hard-Kourt Fashionista

Kylie

“I LOVE, LOVE, **LOVE** MY RAINBOW SPARKLE AND GLITTERY PINK. BOTH OF MY SHADES ARE **SUPER CUTE & TOTALLY FUN!**”

KYLIE'S KOLORS:
Rainbow in the S-Kylie &
Wear Something Spar-Kylie

Kendall

“BLUE IS MY FAVORITE COLOR AND I LOVE THINGS THAT **SPARKLE** AND I HAD TO HAVE A HOT PINK TOO—IT'S THE **ULTIMATE GIRL COLOR!**”

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10 Nasty Health Situations
(And, Phew, Instant Fixes)
THE FIERCE SEX EVERY COUPLE MUST TRY
(At Least Once!)
PLUS Is Being Too Nice Holding You Back?
cosmopolitan.com

What You Thought of the December Issue

Loving Adele

I cannot tell you how thrilled I was to see Adele on your cover! Not only is she an inspiration to women everywhere, but she is also a true example of how beautiful curves are. Thank you so much for showing that!

—Lindsay P., Rockford, Ill.

Double Standards

"Fascinating New Facts About Cheating" made some great points—especially about how women are almost just as likely to cheat. But I don't agree that women should rule out a guy just because his facial features could be correlated with cheating. We don't want guys to judge us by our looks, so we shouldn't do the same.

—Allie K., Chicago

Women Who Rock

Thanks for the awesome article, "Get Rich Like These Chicks," on women who created their own businesses. It's really inspiring to know that there are females out there who took things into their own hands and followed their dreams.

—Meredith J., New York

Steamy Mattress Moves

December's "100 Best Sex Tips of the Year" is an amazing article! I loved the variety. My man and I have had a blast going through every single one.

—Molly H., Flower Mound, Tex.

READER DILEMMA

You Call It

We posted two women's questions online so you could weigh in.

"My boyfriend gained weight. Can I point it out to him?"

—Laura T.

67.1% of you said yes.

"Is 23 too young to join an online-dating site?"

—Becca C.

63.4% of you said no.

The Topics You Tweeted About Most

①

The chick who slept with a professor in "The Naughtiest Thing I've Ever Done" wasn't alone. Numerous tweeters did the same.

②

You were glad to learn about taking a dude to a wedding in "The Date That Can Make or Break Your Relationship."

③

The "Almost-Down Updos" were a major hit.

COSMO'S Don't Fake It Day

After 86 percent of you admitted in an online poll to faking an orgasm, we teamed up with 19 other editions of Cosmo and asked you to banish faux Os forever. We spread the word online and started a pledge on cosmopolitan.com. And it worked—thousands of you promised never to pretend again.

WARNING: Some readers have been receiving e-mails from people pretending to be from *Cosmopolitan*. They claim to be looking for new models and request personal info. These are not legitimate Cosmo representatives! We do not find models this way, and we will never contact you asking for personal information. Please delete e-mails like that—they're a scam.

(Cover) CLIFF WATTS. (Scale) PhotoDisc/Getty Images. (Female model) CHRIS CLINTON.

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OLAY
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Ask Cosmo

From random little issues to major life dramas, we've got your back.

Return his bling? Only if he begs.

Q. When Kim Kardashian and Kris Humphries split, she kept her engagement ring. Does that mean I don't have to give back the expensive necklace my ex gave me just before I dumped him?

A. It depends. Our fave relationship gurus say that if the bling in question is a family heirloom or if your ex blatantly asks for it back, then you should definitely return it—keeping it will just create drama, which will complicate the breakup and make it harder to move forward. But otherwise, you're good; it's perfectly fine to keep the necklace.

Q. I just started dating a guy who has been divorced a little more than a year. Do I handle him differently?

A. Not until he gives you a reason to, say experts. If his past marriage was simply a mismatch, he may be 100 percent ready for a healthy new relationship. But if he gets clingy or seems to avoid emotional intimacy, he's probably still healing...and you need to address that before getting any more involved.

Q. I love that puffer coats are in, but I don't want to look like a blob. Is there a style that's actually flattering?

A. Cosmo fashion director Michelle McCool says it's all about choosing a lightweight coat with tailored lines, preferably with an hourglass shape. Puffy rows or squares should be numerous and small—the bigger they are, the more bloblike you'll look.

Q. It grosses me out when my friend plays dumb to get a guy's attention. What's the right thing to say to her?

A. Experts say that when women feign ignorance, it's because they feel insecure and crave validation. So instead of telling her how lame she's being, compliment her on something cool she's done lately—like her new blog—to up her confidence.

Q. One of my coworkers blamed a colleague for a mistake she made. Can I rat her out?

A. Talk to her first. Say you know what she did, and suggest she fess up. She'll likely be so relieved you didn't expose her first that she'll comply. If she doesn't, our career pros say to tell your boss, letting him or her know that you felt obligated to spill "for the sake of the team."

SOURCES: CAREER EXPERT SHARON BIRKMAN; CAROL BRUESS, PHD, COAUTHOR OF *WHAT HAPPY COUPLES DO*; CHRISTINE HASSLER, AUTHOR OF *20 SOMETHING, 20 EVERYTHING*; TERRI ORBUCH, PHD, AUTHOR OF *5 SIMPLE STEPS TO TAKE YOUR MARRIAGE FROM GOOD TO GREAT*

CHRIS CLINTON

Introducing
The New Fragrance
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Vera Wang
Macy's and macys.com
See Leighton Meester's Lovestruck
Moment at VerawangFragrances.com

I've danced around some pretty interesting
fashion decisions. Along the way,
I've learned a few steps. My newest move
is wearing palladium jewelry. It's lightweight,
naturally white and sensitive to my skin.
I've found my new reality.
And, I'm ready to police the rest of you.

Kelly Osbourne

I'M SO OVER
HEAVY METAL

Tough. Sexy. Sensitive.

PALLADIUM

ImSoOverHeavyMetal.com

What's Sexy Now...

Amber Heard

Steve Granitz/WireImage

1

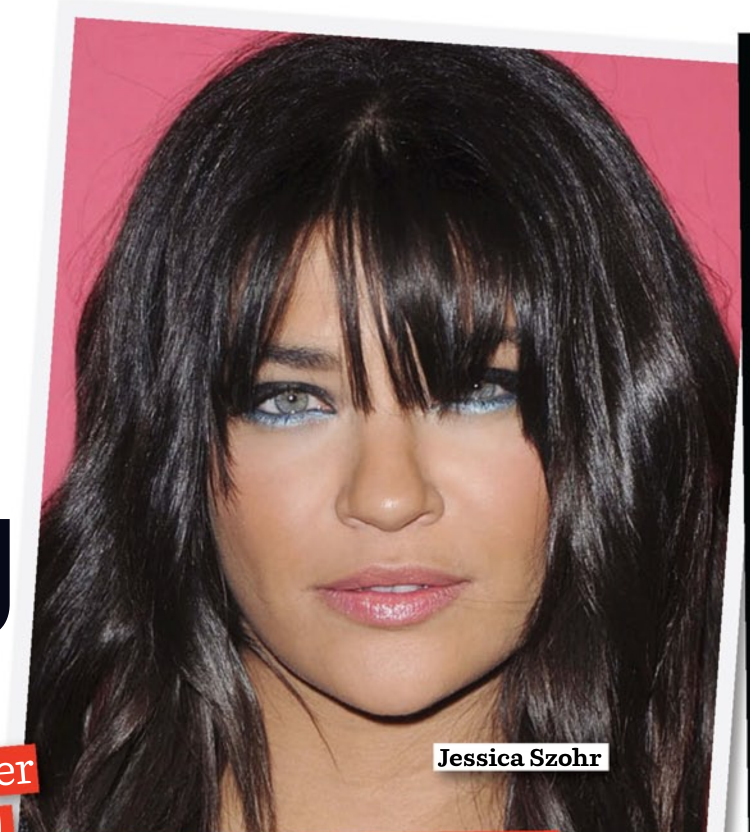
Owning It

Whether you're in a gorgeous gown or a pair of skinnies, radiating composed self-assurance will always make you the hottest babe around.

2

Underlining Your Eyes

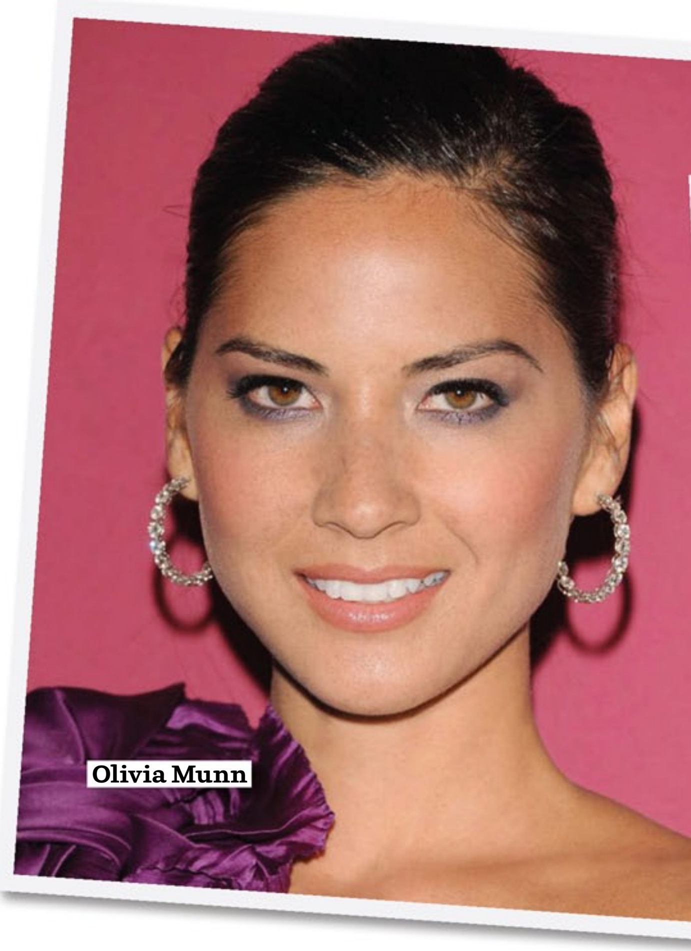
A pop of color on just your lower lids is unexpected...and hot!



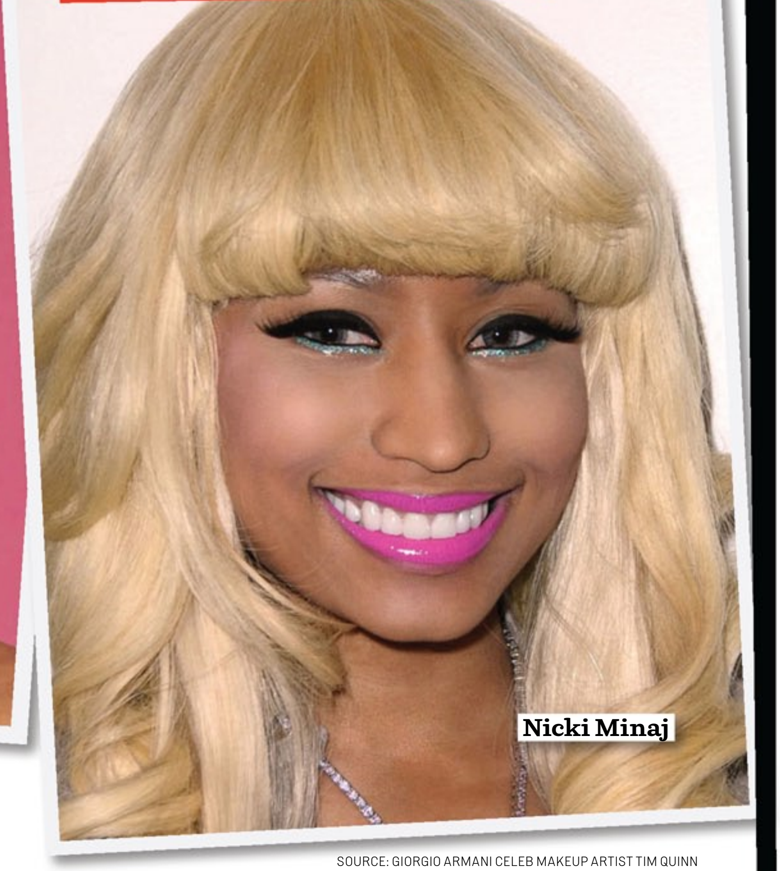
Jessica Szohr

Steal the Look

Swipe bright liner (use Rimmel London Kajal Pencil in Royal Blue, $3.33, for Jessica's gaze; Clarins Eye Pencil in Plum, $23, for Olivia's; or MAC Eye Kohl in Minted, $15, for Nicki's) on bottom lids only, then black liner (like Chanel Le Crayon Khôl in Noir, $26) along top lids for a cool contrast.



Olivia Munn



Nicki Minaj

SOURCE: GIORGIO ARMANI CELEB MAKEUP ARTIST TIM QUINN

(Munn) Giulio Marcocchi/Sipa Press. (Szohr) Jon Kopaloff/FilmMagic. (Minaj) Jason LaVeris/FilmMagic. See page 214 for shopping information.

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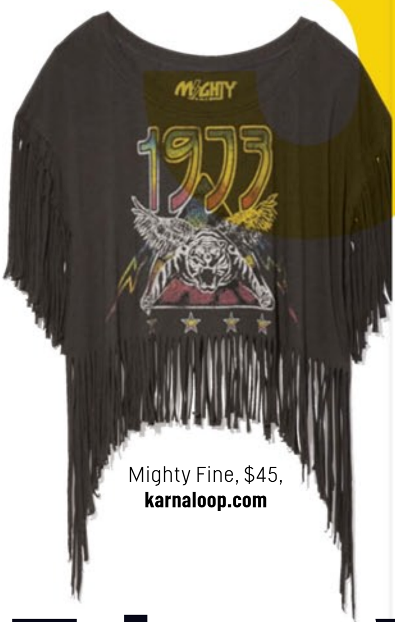
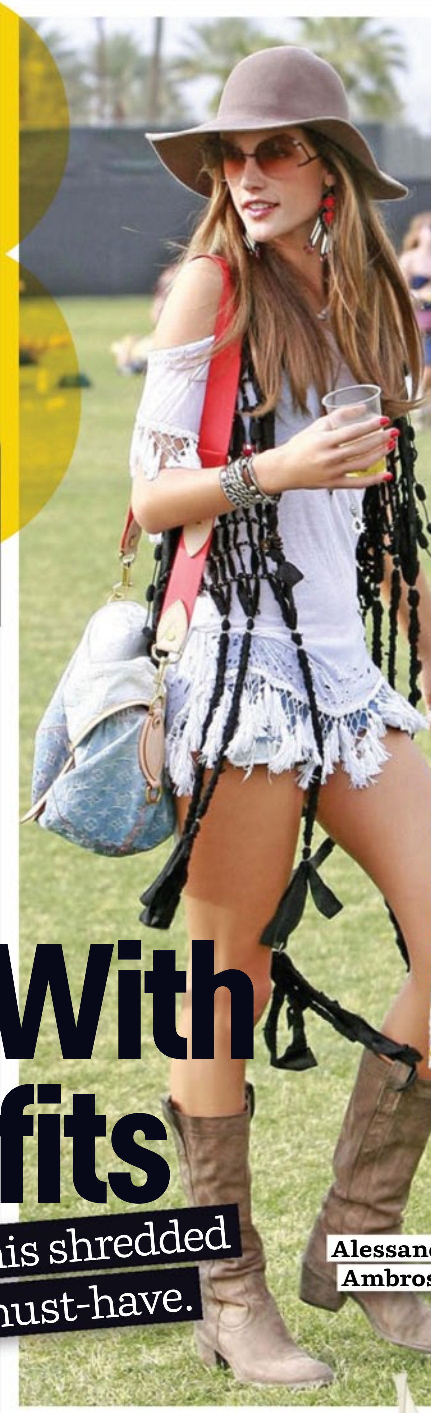

Mighty Fine, $45,
karnaloop.com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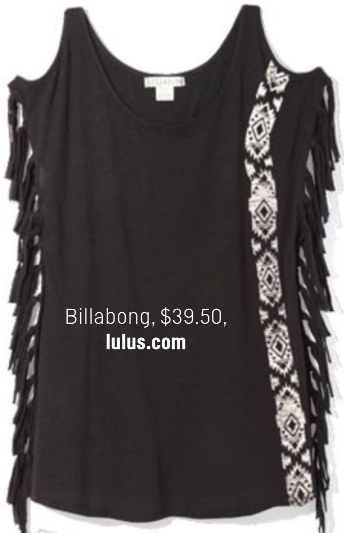
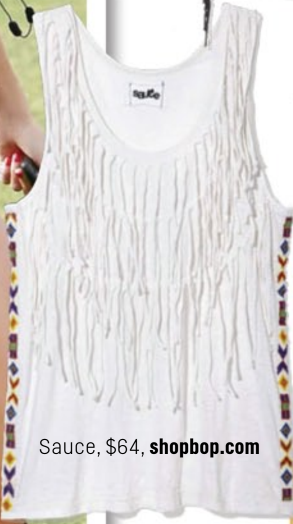
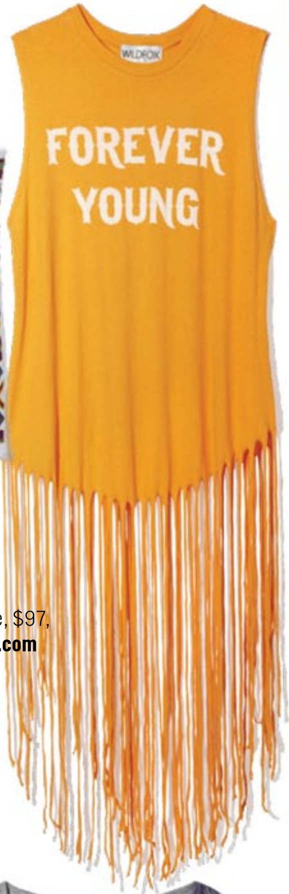

Billabong, $39.50,
lulus.com

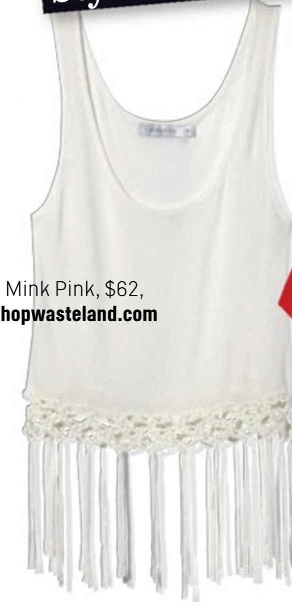

Sauce, $64, **shopbop.com**

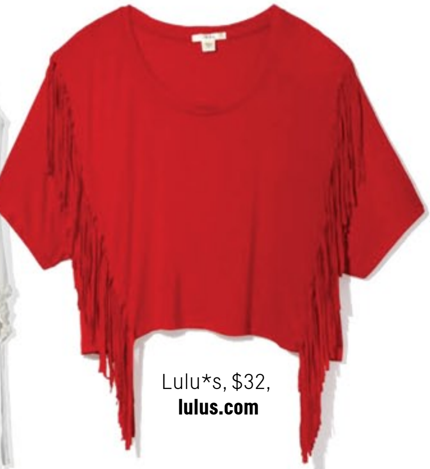


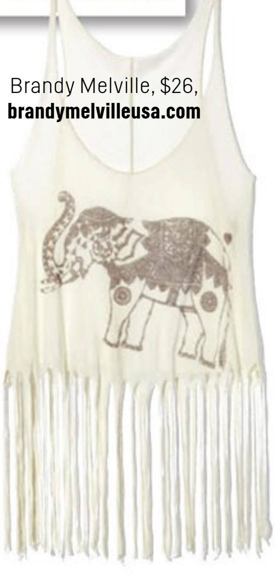
Wildfox Couture, $97,
wildfoxcouture.com

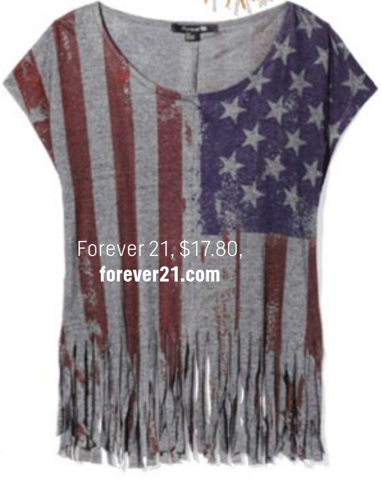
Fringe With Benefits

Badass and flirty, this shredded style is the new must-have.


Mink Pink, $62,
shopwasteland.com


Lulu*s, $32,
lulus.com


Brandy Melville, $26,
brandymelvilleusa.com


Forever 21, $17.80,
forever21.com

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Gabriel Rivera for R.J. Bennett Represents. (Ambrosio) DS/Rocstar/flynetpictures.com. See page 214 for shopping information.

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4

Amy Smart and Ali Larter

Having a Girl Date

By Jessica Knoll

Anna Faris recently admitted that she has her agent set her up with actresses she respects. Many of us have felt that sense of awe around a whip-smart coworker or a cool friend of a friend. But rather than admire from afar, ask the woman to grab coffee, drinks, or—if your cojones are extra-big—dinner. You'll grow your social circle and be exposed to new ideas.

Tip
It's the perfect time to whip out your girl-hot clothes.

Giovanni/splashnews.com

What's your most stubborn makeup most afraid of?

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5 Sexy vs. Skanky

An orange dress with peep toes

Scarlett Johansson

Richard Simmons

An orange tutu with shorts peeping out

SEXY	SKANKY
An orange dress with peep toes	An orange tutu with shorts peeping out
Getting a kiss on the hand	**Getting your butt pointed at by Kiss**
Cooking him bacon and eggs	Bacon lube
Couples rolling in style	**Friends strolling in rollers**
Tweeting	TMI Tweeting
Guys carrying packages	**Guys grabbing their package**
Getting restrained in bed	Restraining orders

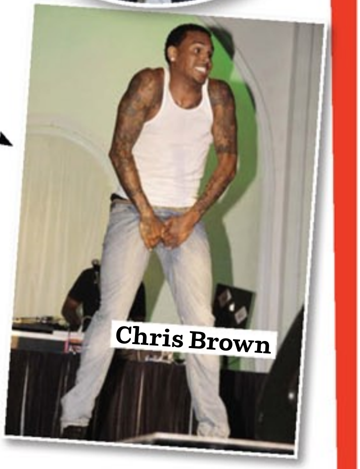
Stacy Keibler and George Clooney

Gene Simmons and wife, Shannon

Gisele and Tom Brady

Amanda Harrington and Chloe Cummings

Kris Humphries



Chris Brown

(Left to right, from top) Suntzulynn for LE/splashnews.com; Alberto E. Rodriguez/WireImage; Fern/splashnews.com; Suntzulynn for LE/splashnews.com; Ian Nolan/splashnews.com; Mercury Press/splashnews.com; Anderson/bauergriffinonline.com; Jeff Kravitz/FilmMagic.

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Confessions

Cosmo readers share their most shocking stories and steamiest secrets.

Next time, she's splurging on wash and fold.

Buggin' Out

So Gross

"My roommate and I had roaches in our apartment. Our landlord said my roomie had to call the exterminator since her name was on the lease, but she never did. So I decided to do something to make her take action. I found a dead cockroach and put it on her pillow. When she saw it, she screamed so loudly. After she calmed down, she made the call." *—Fatima J.*

Nude Conduct

"One day, my boss asked if I had any pictures of my boyfriend, so I gave her my phone to show her some. But then the screen randomly went black, and when it came back, it wasn't on the photo of my guy...it was a naked pic of myself I'd sexted to him a few weeks earlier! She shoved my phone at me, walked away, and has been weird to me since." *—Sarah S.*

O-hhh No...

"My boyfriend and I went to visit his grandma. We woke up feeling really horny, and after he assured me she couldn't hear well, we had sex. Later, at breakfast, she looked at me and asked, 'Are you okay, dear? I thought I heard you crying this morning.' Apparently, she wasn't as deaf as we'd thought, and she'd heard me moaning...and thought I had burst into tears." *—Mary V.*

Spit It Out, Already!

"I went to a French restaurant with this cute guy, and he ordered a sweetbread appetizer. When it arrived, it didn't look like any bread I'd seen before, but I was starving, so I took a big bite. It was so gross that I immediately gagged and had to sprint to the bathroom. When I came back, I asked him what kind of bread it was, and he told me sweetbread is another name for cow glands! I felt so dumb." *—Lia K.*

Pick Up the Lace

"I was at the Laundromat on a busy Sunday. There were practically no empty dryers, so when I saw an open one, I quickly grabbed my wet clothes out of the washer and bolted over there. That's when someone yelled, 'Hey, you forgot something!' When I turned around, a really cute guy was holding up my red lace thong for everyone to see. I heard more than a few chuckles as I walked back over to get it from him." *—Katy G.*

HAVE A JUICY CONFESSION?
Log on to tell us the dirty details at cosmopolitan.com/confess.

WE ASKED, YOU TWEETED

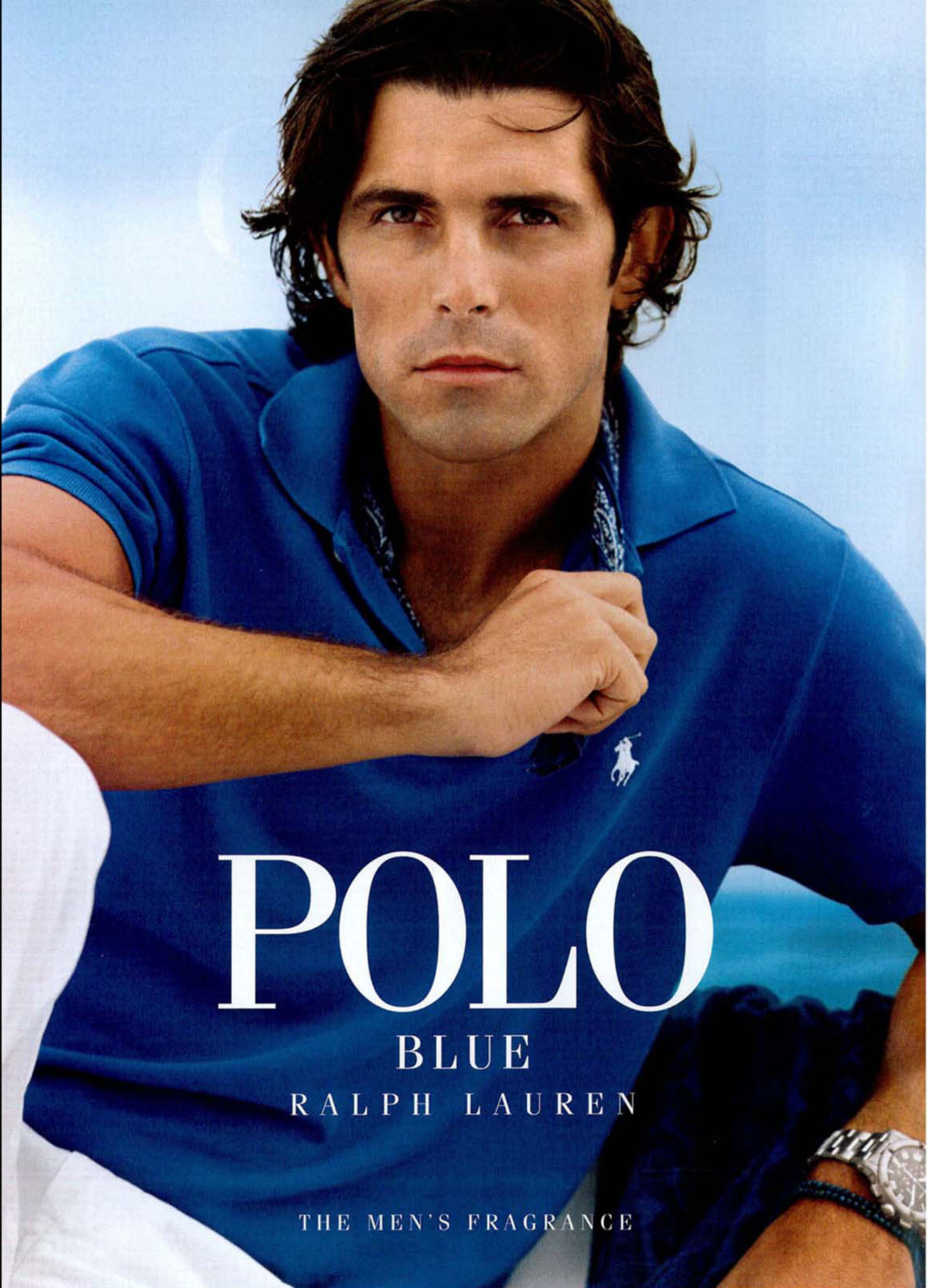
This month, Cosmo readers vented about their most epic #KissingFail.

I pulled him in roughly for a sexy kiss. I ended up hitting my forehead on his chin so hard it split the skin, making him bleed.
—@AlexLChard

Midkiss, I slightly opened my eyes, and his eyes were wide open!
—@Sansandre

His idea of an intense make-out was to slobber everywhere and shove his tongue down my throat. Kisses like a dog.
—@Amanda_Namana

ALEXA MILLER. Associate fashion editor: Jennifer Steele. Hair: Charles McNair for Cloutier Remix. Makeup: Samantha Trinh at Atelier Management for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Stephen Beatrice. Jacket: Current/Elliott; jeans: Haute Hippie. Names of readers who share stories and of those mentioned in the stories may have been changed to protect their privacy. Stories may have been edited for length, content, and clarity. This is a professional model.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THE MEN'S FRAGRANCE BY RALPH LAUREN

Guy Confessions

Men admit to their dirtiest deeds and most shameless scams ever.

Hit the Road, Jerk

“I was dating this girl who lived three hours away. We’d take the bus back and forth most weekends to visit each other. One day, I found out she was cheating, so I decided to get revenge. She was planning to visit that Friday. When she texted to say she was almost there, I wrote back, ‘Heard about your other guy. We’re over.’ She called me about a million times, but I didn’t pick up. I heard she had to wait all night to catch the next bus back.”

—George D.

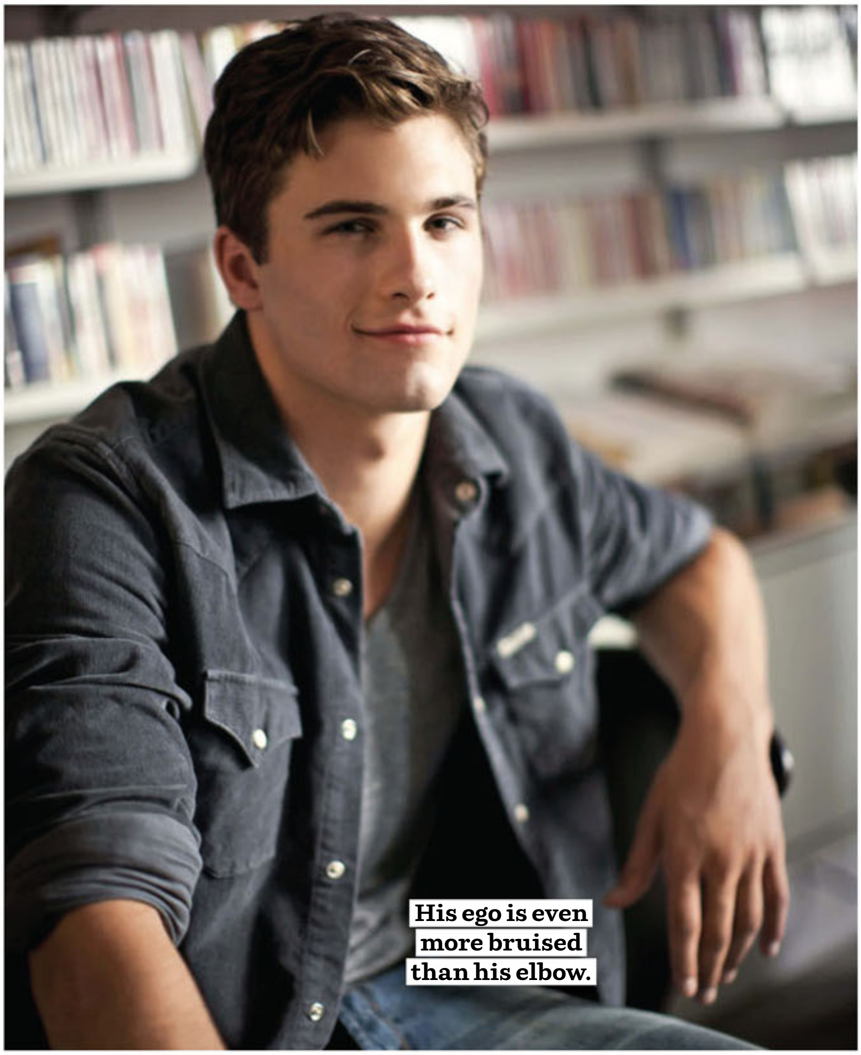
Grin and Bare It

“My fianceé’s parents asked us to house-sit while they went on vacation. During our last night, we were getting it on upstairs and decided to incorporate whipped cream. I was naked, but since no one was home, I ran downstairs to grab some. On my way back up, I saw her dad standing in the hall with a suitcase. He had to come home early for work. I was so shocked, I let out this loud, uncomfortable laugh. Then I bolted to grab my pants.” *—John D.*

Busted!

HAVE A JUICY CONFESSION?

Log on to tell us the dirty details at cosmopolitan.com/confess.



His ego is even more bruised than his elbow.

ALEXA MILLER. Names of readers who share stories and of those mentioned in the stories may have been changed to protect their privacy. Stories may have been edited for length, content, and clarity. This is a professional model.

Not-So-Starry Night

“I wanted to plan a romantic date for this amazing woman I was seeing. There was supposed to be a meteor shower that night, so I told her we’d hike up this nearby hill to watch it. Turns out, the hill was more like a steep mountain...and by the time we made it to the top, we were sweaty and breathless. Even worse, it had become so cloudy that we couldn’t see anything. We’re still together, but she admits it was the worst date ever.” *—Greg S.*

Interoffice Love Triangle

“When I started my job, I instantly fell for this gorgeous woman. I flirted with her for weeks and finally asked her out. She looked at me strangely and said, ‘Um, don’t you know I’m dating Eric?’ The guy she was talking about was my boss...and I had no idea they were together. She must have told him, because he’s treated me weirdly ever since.” *—Craig F.*

Making an Entrance

“My alarm clock didn’t go off, so I walked into an exam late. I tried to be quiet, but as I was sitting down, my cell phone rang really loudly. I became so flustered that I tipped my entire desk over with my elbow and fell to the floor. The whole class cracked up, even the professor.”

—Aaron S.

HOT-GUY BLOOPER

“I didn’t realize I had a huge hickey on my neck when I brought my girlfriend to meet my parents. My dad saw it immediately and asked, ‘Were you attacked by a raccoon?’ Then he asked my girl, ‘And are you the raccoon?’”

—Steve H.

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THE NAUGHTIEST THING I'VE EVER DONE

"I Had Sex in the Middle of My Wedding—Twice"

Bed the bride, but don't mess with the updo!

© Ocean/Corbis

Before I got married, I was warned that on my wedding day, I wouldn't have a second to pee, so I never once thought I would have enough time to consummate the marriage during the festivities.

It all started when my husband, John (name has been changed), and I were organizing the seating charts for the reception.

"Let's put our parents at this table," John said, pointing to a far corner, "so they don't notice if we sneak off to bone." I laughed along with him, assuming it was a joke. Oh, how wrong I was.

Fast-forward to our wedding day. We were at the cocktail hour, which took place at a country club, and I was mingling with my guests when my maid of honor noticed there was a slight tear in the train of my dress. She quickly ushered me upstairs to the room where the bridal party had gotten ready and eaten lunch earlier. As she was bustling my dress, John walked in.

"Is everything okay?" he asked.

"Just a minor emergency," I said.

"Can I help?" He wiggled his eyebrows suggestively. Knowing that my maid of honor's vision was blocked by the layers of my dress, I mouthed "Seriously?" He nodded. We were really going to do it.

I asked my friend if she could give us a moment alone, insisting that John could finish the bustling.

The moment she closed the door, we locked it and jumped all over each other. John hiked up my ginormous skirt and entered me from behind as I braced myself against the table where just a few short hours ago, I was eating turkey and Swiss on rye. Thinking about all our guests milling around beneath us gave me such a rush.

Once we finished, I had to show John how to bustle my dress. It was like teaching a 6-year-old to tie his shoes, but he managed. Then we went back downstairs to join everyone. I got a few "Where have you been?"s from people, but for the most part, no one noticed.

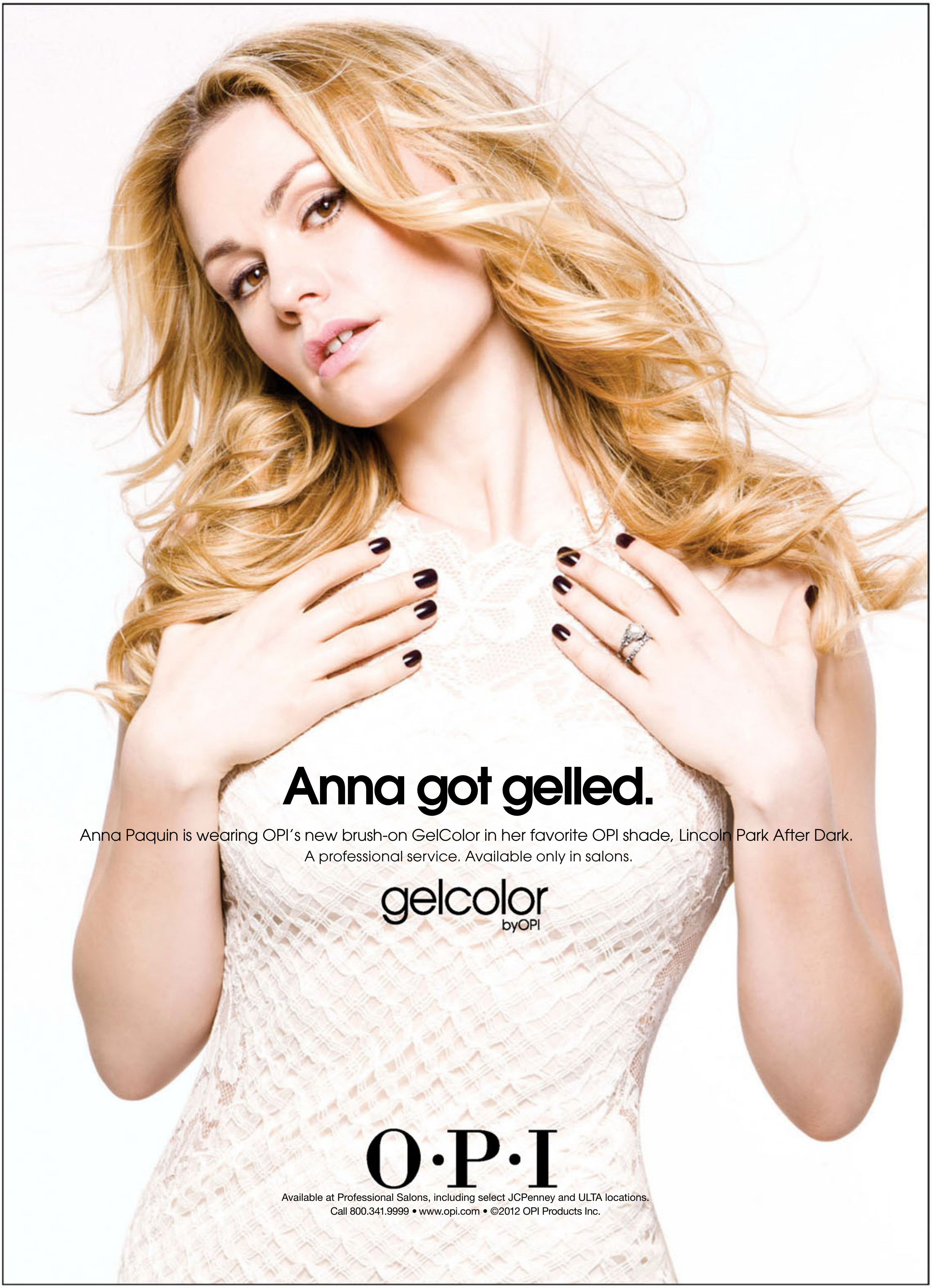
Later that evening, emboldened by the bubbly and the fact that we had gotten away with it once, John and I found another opportunity to escape—right after cutting the cake, when the band started playing and the dancing began. This time, we snuck into a bathroom with a door you could lock and had sex standing up, me with my back against the wall.

When we finally returned to the dance floor, everyone was so buzzed that no one questioned our absence, and the rest of the night was a blast. They say that the memories from your special day last a lifetime. But my favorite ones lasted a total of about 17 and a half minutes. ■

Better Off Wed

Fifty-two percent of wives-to-be believe that their sex lives will improve after walking down the aisle.

SOURCE: BRIDES.COM SURVEY



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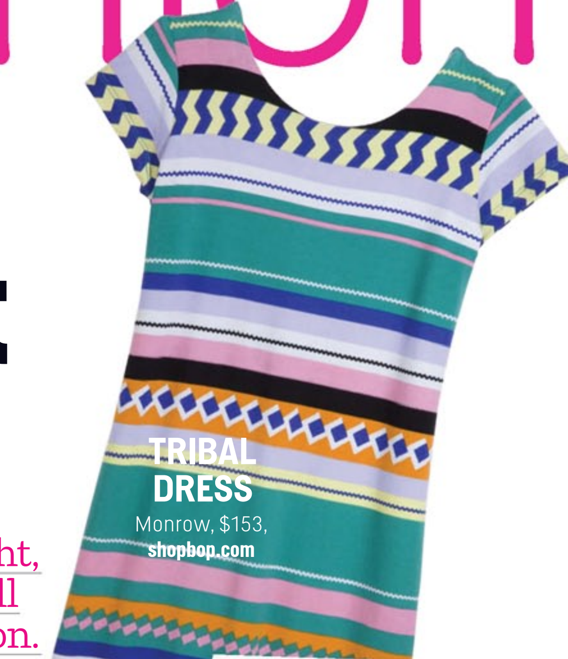
FUN & FEARLESS Fashion

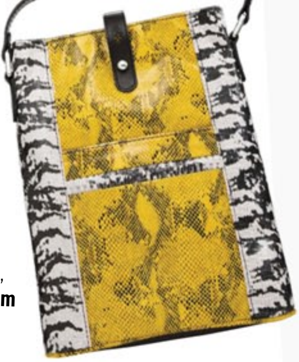
Sneak Peek at Spring

Winter what? These bright, safari-inspired finds will jump-start the new season.

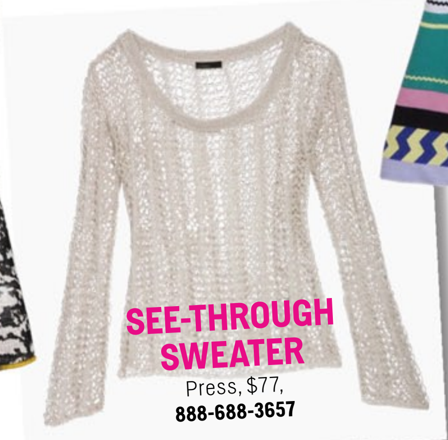
ETRO



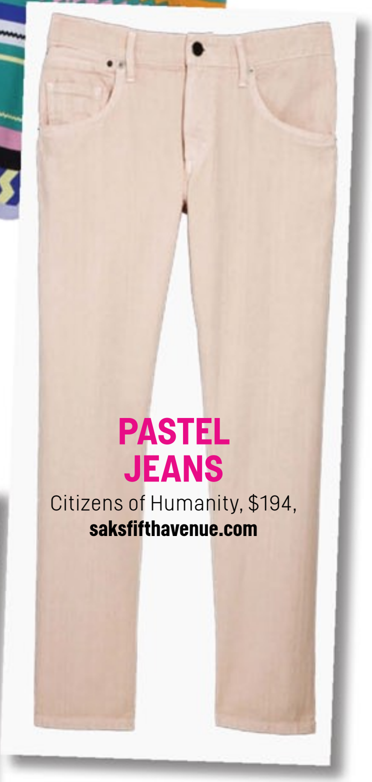
TRIBAL DRESS
Monrow, $153,
shopbop.com



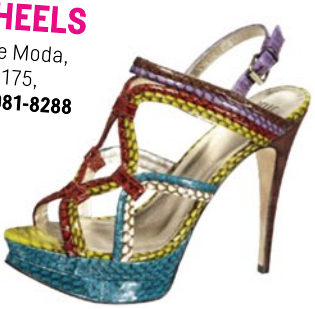
FUNKY BAG
Jeffrey Campbell,
$120, **edgeofurge.com**



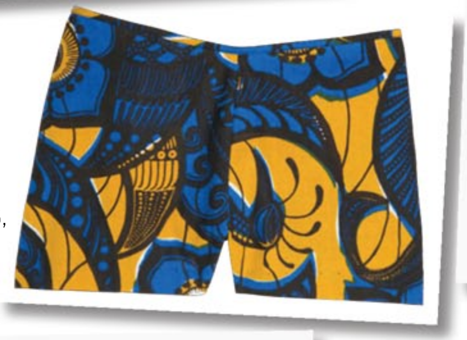
SEE-THROUGH SWEATER
Press, $77,
888-688-3657



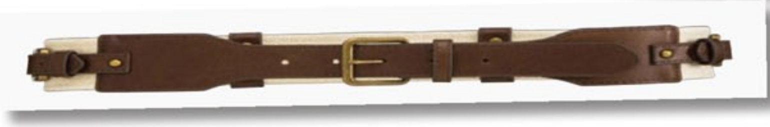
PASTEL JEANS
Citizens of Humanity, $194,
saksfifthavenue.com



STATEMENT HEELS
Pelle Moda,
$175,
805-981-8288

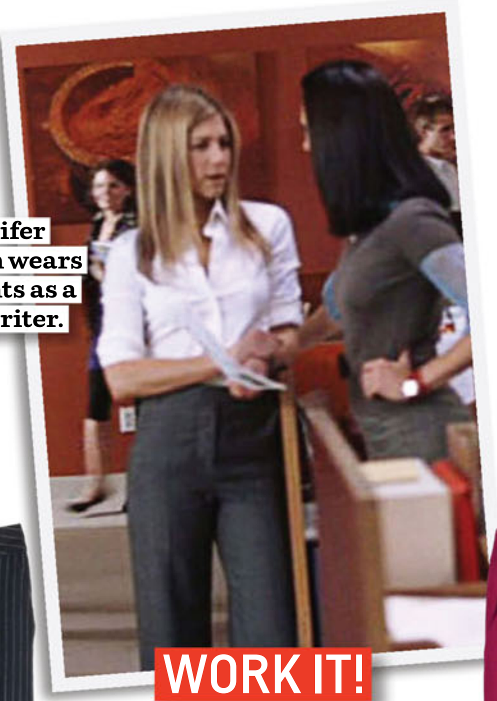


PRINTED SHORTS
Nicole Miller +
Indego Africa, $65,
nicolemiller.com



CANVAS-TRIM BELT
Skinny by Jessica Elliot, $115,
skinnystyle.com

JESUS AYALA/STUDIO D. Fashion editor: Karen Larrain. Stylists: Anita Salerno for R.J. Bennett Represents and Gabriel Rivera for R.J. Bennett Represents. (Runway) Victor Virgile/Gamma-Rapho/Getty Images.

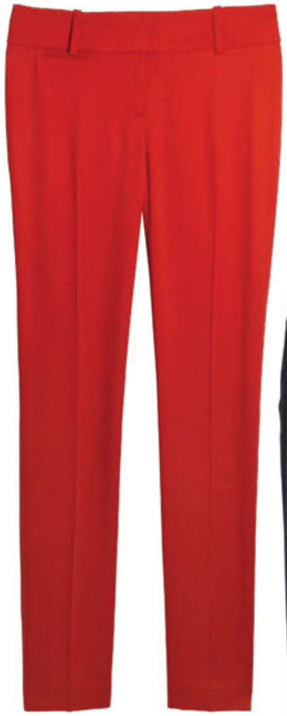


Jennifer Aniston wears the pants as a copywriter.

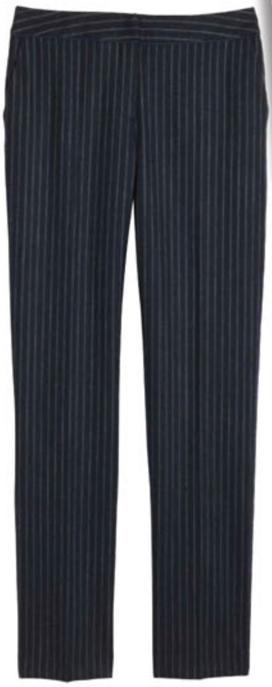
WORK IT!

Bossy Pants

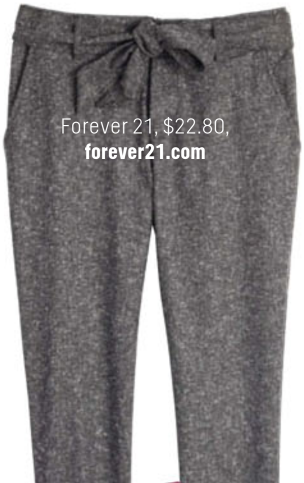
The latest office staple: cropped bottoms that are business classy…and happy-hour sassy.



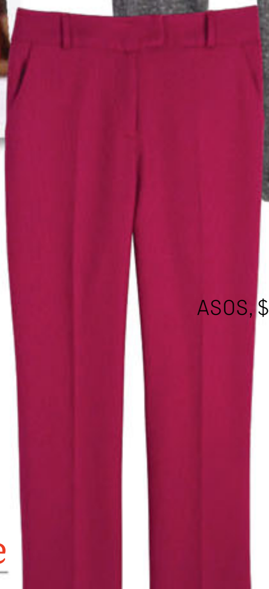
Ann Taylor, $98, **anntaylor.com**



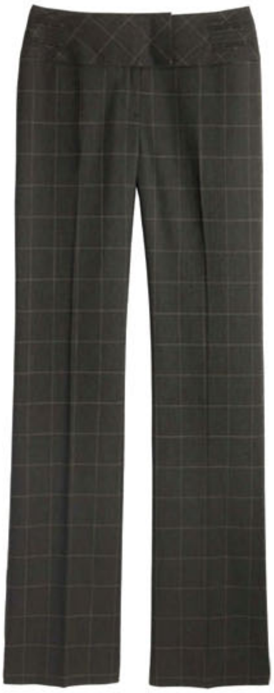
Boden, $102.40, **bodenusa.com**



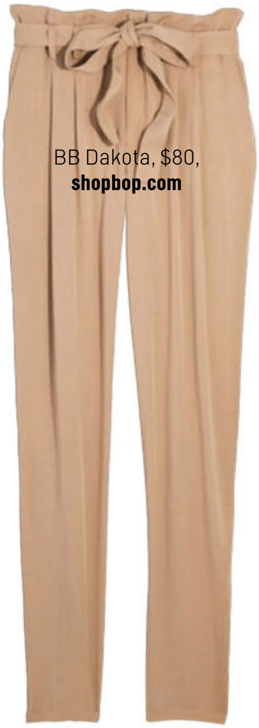
Forever 21, $22.80, **forever21.com**



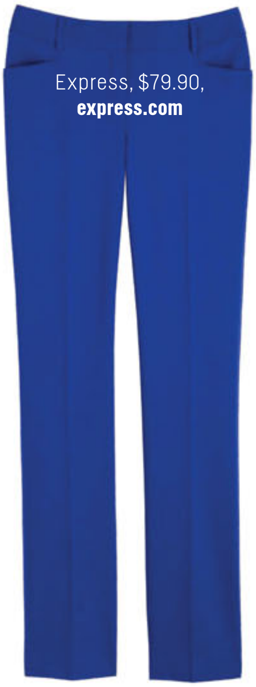
ASOS, $63, **asos.com**



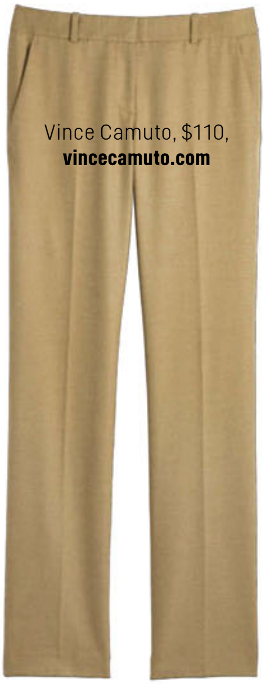
JCPenney, **jcp.com**



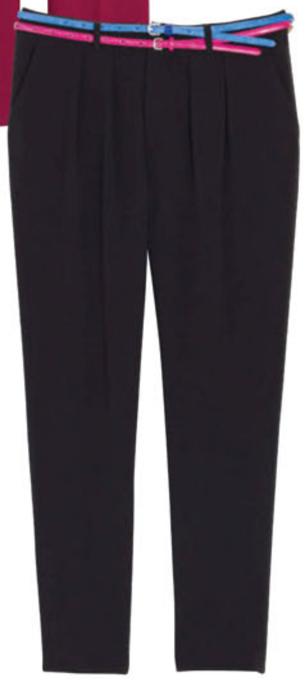
BB Dakota, $80, **shopbop.com**



Express, $79.90, **express.com**



Vince Camuto, $110, **vincecamuto.com**



Dylan Alexa, $98, Denim Habit, **646-430-8600;** belts (from top), $44 and $30, Ann Taylor, **anntaylor.com**

JESUS AYALA/STUDIO D. Fashion editor: Karen Larrain. Stylist: Anita Salerno for R.J. Bennett Represents. (*He's Just Not That Into You*) New Line Cinema. See page 214 for shopping information.

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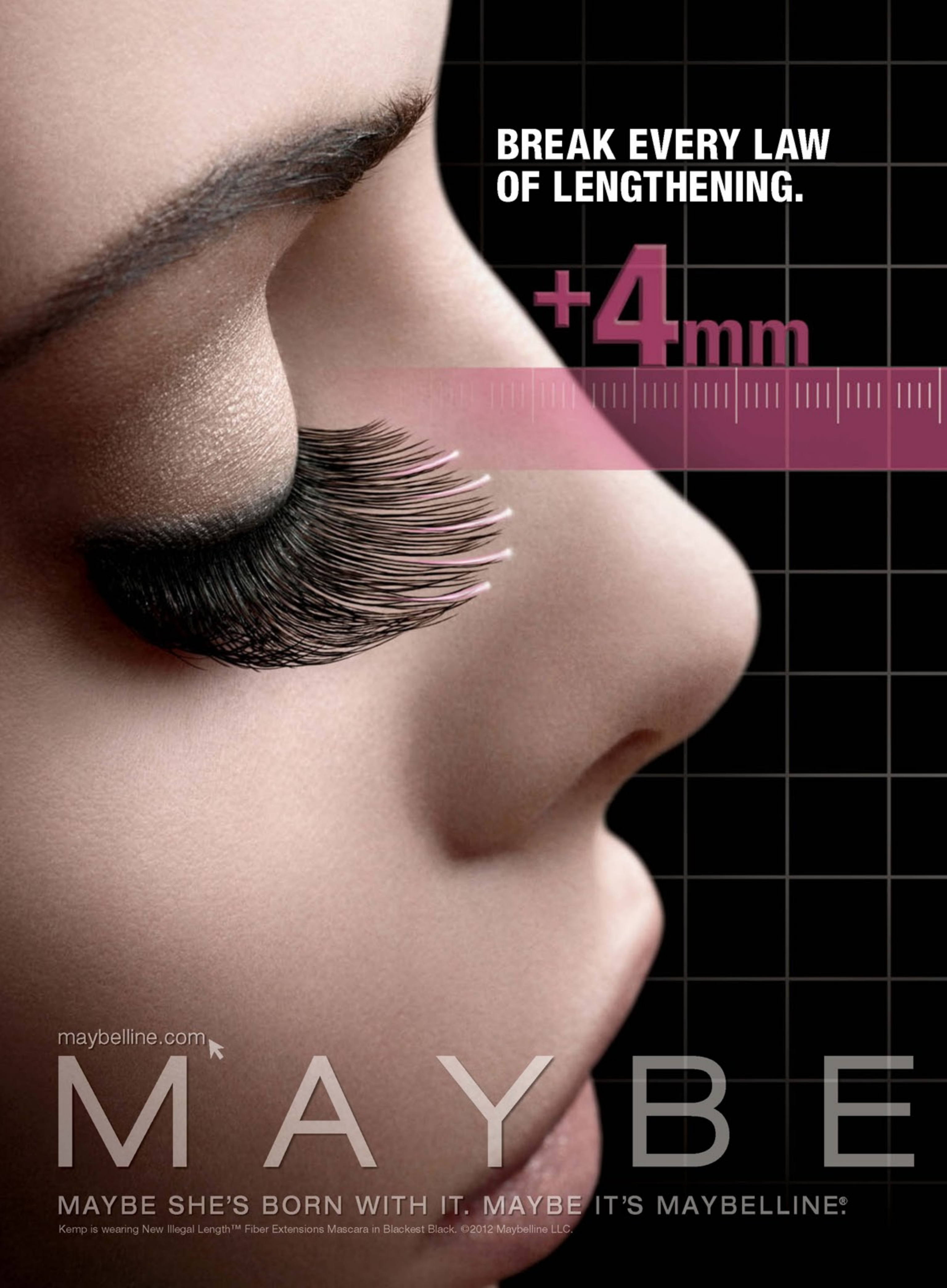
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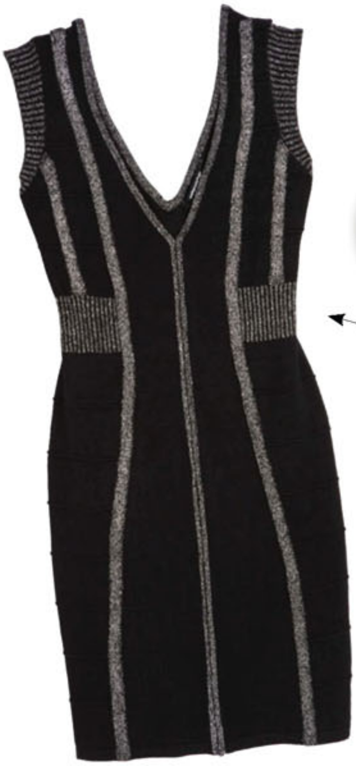


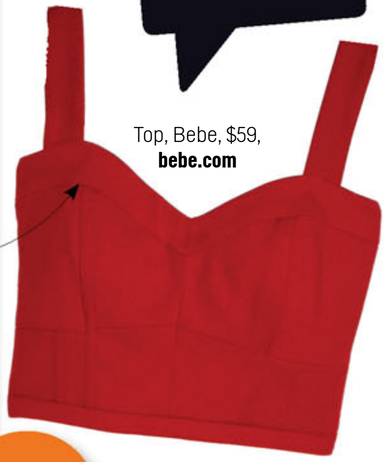
Dress, Lulu*s, $50,
lulus.com

DEEP-V DRESS

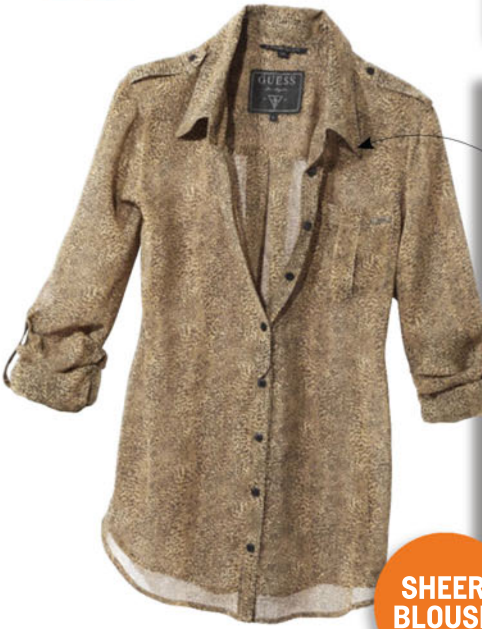
Sienna Miller

AnnaLynne McCord

TUMMY-BARING BRALET



Top, Bebe, $59,
bebe.com



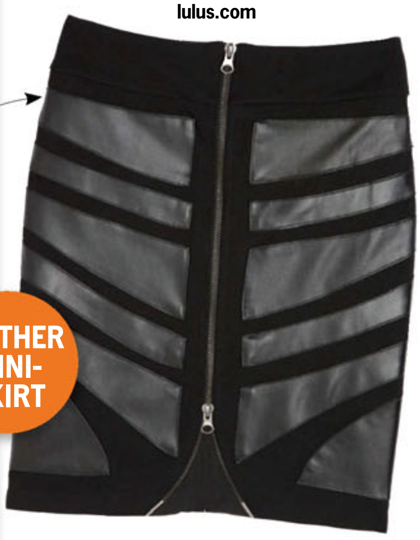
Blouse, Guess,
$79, **guess.com**

SHEER BLOUSE

Mila Kunis

Miranda Kerr

LEATHER MINI-SKIRT



Skirt, Lulu*s, $37,
lulus.com

JESUS AYALA/STUDIO D. Fashion editor: Karen Larrain. Stylist: Gabriel Rivera for R.J. Bennett Represents. (McCord) Humberto Carreno/startraksphoto.com. (Miller) Nick Harvey/WireImage. (Kunis) Todd Oren/WireImage. (Kerr) opticphotos.com. See page 214 for shopping information.

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TREND ALERT

Ultra-Sexy Shine

The coolest craze in fashion right now? Glossy clothes and accessories that scream "Check me out!"

Pants, Patricia Field, $136, **patriciafield.com**

Bags, American Apparel, $78 each, **americanapparelstore.com**

RICHARD NICOLL

Dress, Bebe, $139, **bebe.com**

Top, ASOS, $126, **asos.com**

Skirt, Joe Fresh, $39, **212-366-0960**

Bracelet, Joomi Lim, $130, **bergdorfgoodman.com**

Shoes, Marc Fisher, $79, **macys.com**

BEAUTY BONUS

Super-lacquered lips go perfectly with a lustrous style. Try Buxom Lip Polish in Krystal, $18.

Arm Candy

Add a shiny cuff to a neutral outfit for a fun pop of color.

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Gabriel Rivera for R.J. Bennett Represents. (Joe Fresh) **JESUS AYALA/STUDIO D.** Stylist: Anita Salerno for R.J. Bennett Represents. (Runway) gorunway.com. See page 214 for shopping information.

Jennifer Lopez in Tous

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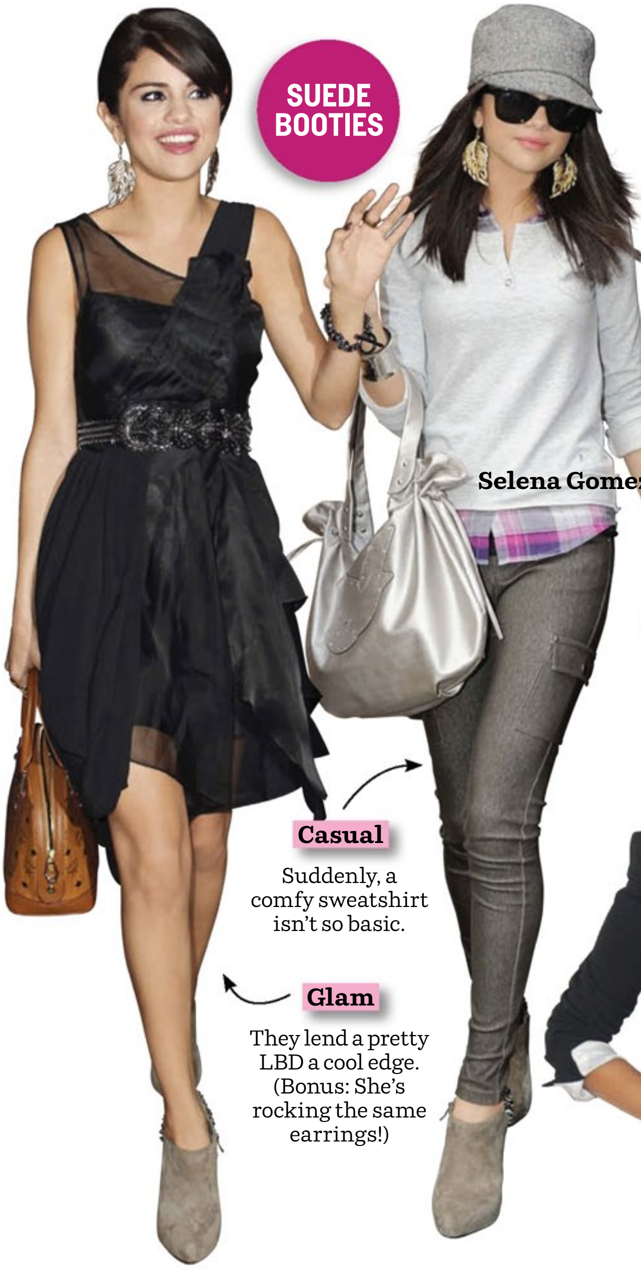
Caught Two-Timing!

Make like these A-list fashionistas and rock your favorite pieces in completely different ways.



SUEDE BOOTIES

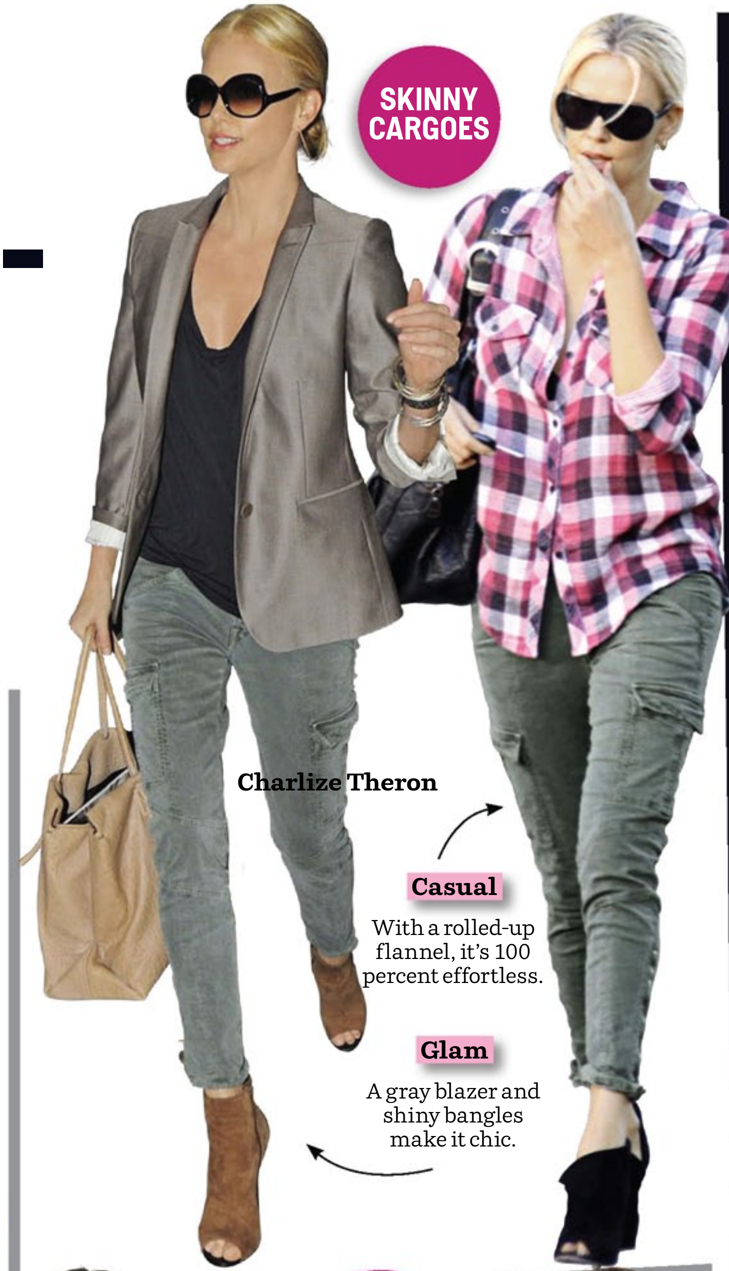
Selena Gomez

Casual

Suddenly, a comfy sweatshirt isn't so basic.

Glam

They lend a pretty LBD a cool edge. (Bonus: She's rocking the same earrings!)



SKINNY CARGOES

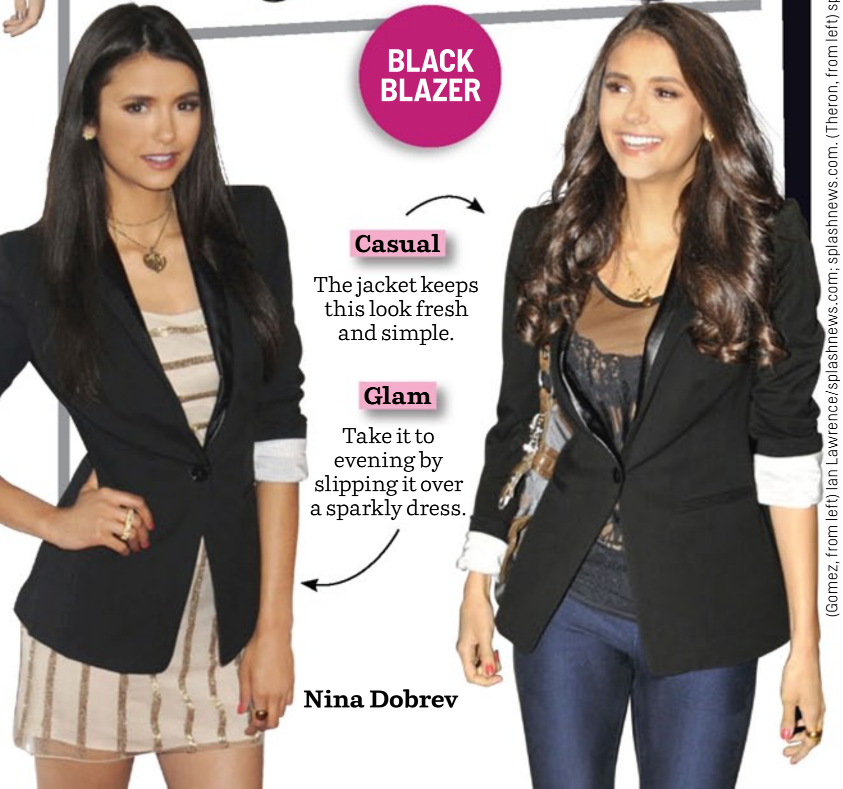
Charlize Theron

Casual

With a rolled-up flannel, it's 100 percent effortless.

Glam

A gray blazer and shiny bangles make it chic.



BLACK BLAZER

Casual

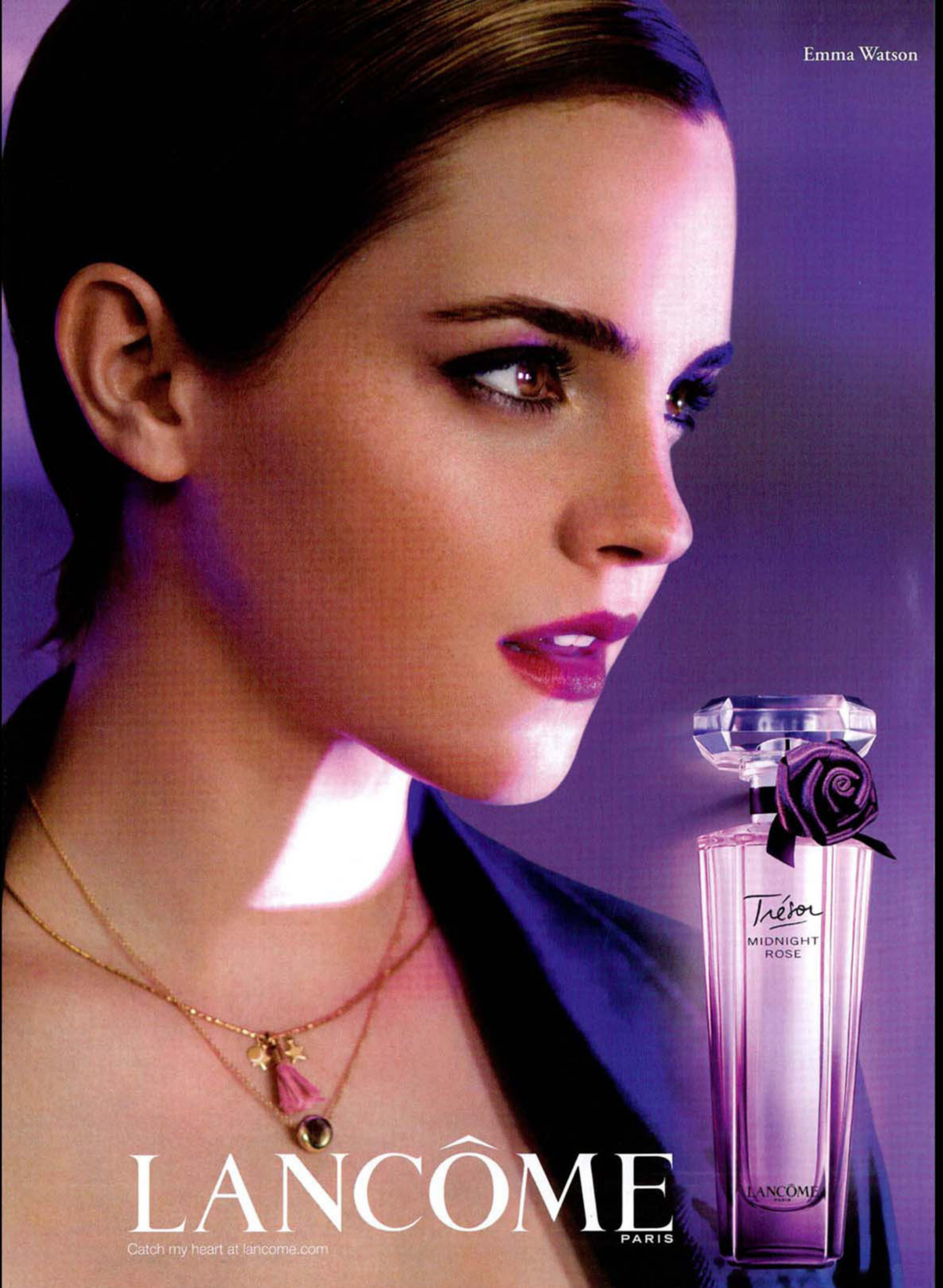
The jacket keeps this look fresh and simple.

Glam

Take it to evening by slipping it over a sparkly dress.

Nina Dobrev

(Gomez, from left) Ian Lawrence/splashnews.com; splashnews.com; splashnews.com. (Theron, from left) splashnews.com; BB/Ice/Lins/Leo/x17online.com. (Dobrev, from left) Johns PKI/splashnews.com; pacificcoastnews.com.



Emma Watson
Trésor
MIDNIGHT
ROSE
LANCÔME
PARIS
LANCÔME
PARIS
Catch my heart at lancome.com

Lift here to experience
the new feminine fragrance
Trésor
MIDNIGHT
ROSE
LANCÔME
PARIS
LANCÔME
PARIS

SHOE ADDICT

Peep Show

It's the classic seduction trick: Reveal just a *hint* of skin. Turn your feet into total teases with peekaboo heels.

AMI Clubwear, $23, **amiclubwear.com**

Kelsi Dagger, $125, **kelsidagger.com**

DKNY, $255, **dkny.com**

Qupid, $36, **lulus.com**

Privileged, $36, **makemechic.com**

Topshop, $130, **topshop.com**

Dollhouse, $18, **amiclubwear.com**

Fever, $90, **fevershoes.com**

Guess by Marciano, $198, **guessbymarciano.com**

Vince Camuto, $118, **vincecamuto.com**

Mia, $69, **miashoes.com**

Bebe, $110, **macys.com**

HOT DATE?
When you pair these mesh heels with your favorite bright dress, you'll have a look that's edgy yet feminine.

KEVIN SWEENEY/STUDIO D. Fashion editor: Brooke Lucks. Stylists: Gabriel Rivera for R.J. Bennett Represents and Judith Trezza for R.J. Bennett Represents. See page 214 for shopping information.

WHAT'S THE SEXIEST PAIR OF SHOES YOU OWN? TELL US AT COSMOPOLITAN.COM/SHOE-ADDICT.

101 Things About Men

QUESTIONABLE GUY TREND

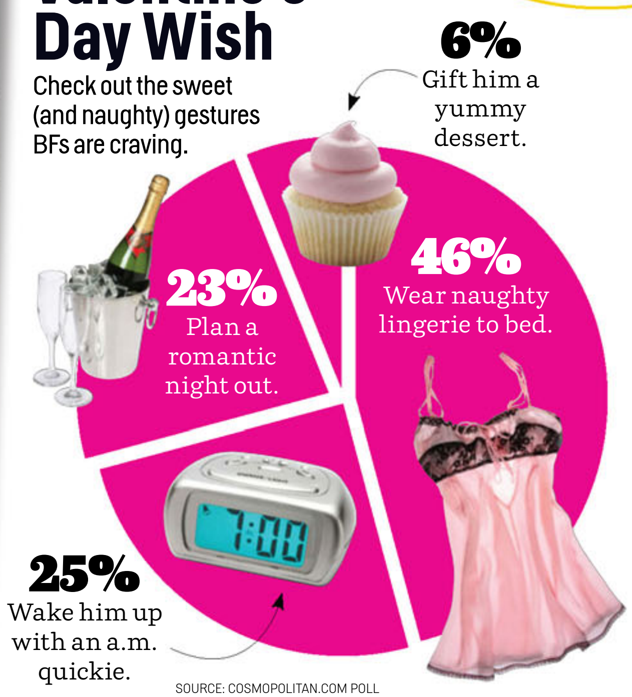
Marketed-to-Men Nail Polish

Johnny Depp wearing nail polish is *maybe* okay because, well, he's damn sexy. But we're not sure about companies selling it to the average guy. AlphaNail, for example, gives its hues manly names like Gasoline. EvolutionMan's lacquers have the tagline "for the no-nonsense rebel inside all of us." Here's hoping dudes don't buy into it.

Johnny's the only man who can pull this off.

Grant His Valentine's Day Wish

Check out the sweet (and naughty) gestures BFs are craving.



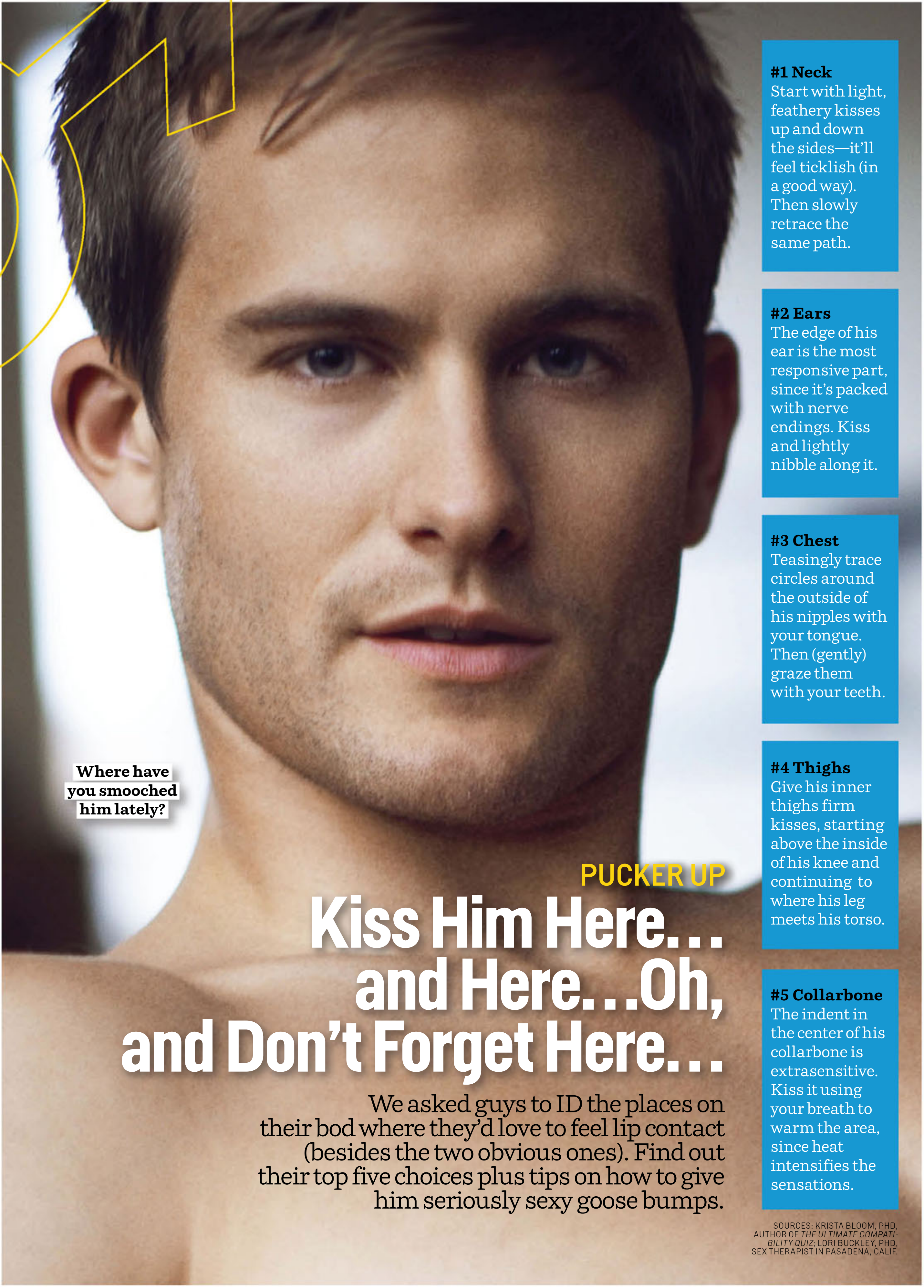
SOURCE: COSMOPOLITAN.COM POLL

Talk So He'll Listen

Shaunti Feldhahn, author of *The Male Factor*, has researched the words that get guys defensive and those that bring down their guard. Heed her advice and he'll be all ears.

Don't Say This:	"Are you listening to what I'm saying?"	"We don't spend enough time together."	"What were you *thinking*?!"
Say This:	"You're so good at making me feel cared for, but I sense you're not paying attention to me."	"I'd really like to find a way to have more time just for us."	"Help me understand the reason for this; I'm not getting it."
Why:	Criticize and he'll tune out. Give praise and he'll be encouraged to try harder to hear you.	Instead of complaining, you're presenting it as an issue you can both solve together.	You want to show him that you assume good intent and trust that there's logic behind his actions.

(Depp) Ryan Turgeon/splashnews.com. (Champagne and lingerie) D. Hurst/Alamy. (Alarm clock) LAMB/Alamy. (Cupcake) Photographer's Choice/Getty Images.



PUCKER UP

Kiss Him Here…and Here…Oh, and Don't Forget Here…

We asked guys to ID the places on their bod where they'd love to feel lip contact (besides the two obvious ones). Find out their top five choices plus tips on how to give him seriously sexy goose bumps.

Where have you smooched him lately?

#1 Neck
Start with light, feathery kisses up and down the sides—it'll feel ticklish (in a good way). Then slowly retrace the same path.

#2 Ears
The edge of his ear is the most responsive part, since it's packed with nerve endings. Kiss and lightly nibble along it.

#3 Chest
Teasingly trace circles around the outside of his nipples with your tongue. Then (gently) graze them with your teeth.

#4 Thighs
Give his inner thighs firm kisses, starting above the inside of his knee and continuing to where his leg meets his torso.

#5 Collarbone
The indent in the center of his collarbone is extrasensitive. Kiss it using your breath to warm the area, since heat intensifies the sensations.

SOURCES: KRISTA BLOOM, PHD, AUTHOR OF *THE ULTIMATE COMPATIBILITY QUIZ*; LORI BUCKLEY, PHD, SEX THERAPIST IN PASADENA, CALIF.

CHRIS CLINTON. Hair: Anthony Campbell at The Wall Group. Makeup: Courtney Perkins using MAC.

Go Ahead, Toy With Him

8 out of **10**

men say that a vibrator can make sex more exciting.

SOURCE: INDIANA UNIVERSITY STUDY

What Dudes Really Want to Ask on a Date

Guys told us the topics they're dying to quiz you on...but don't for fear of being bitch-slapped.

"How many dates do we have to go on before it's okay to split the bill?" —*Aderly K.*

"Do you like performing oral sex?" —*Adam L.*

"How many people are you dating?" —*Greg W.*

"Are we going to have sex tonight?" —*Roger B.*

"How high-maintenance are you on a scale from 1 to 10?" —*Alex L.*

"Do you watch porn?" —*Justin G.*

"How long did it take you to do that smoky-eye-makeup thing?" —*Adam B.*

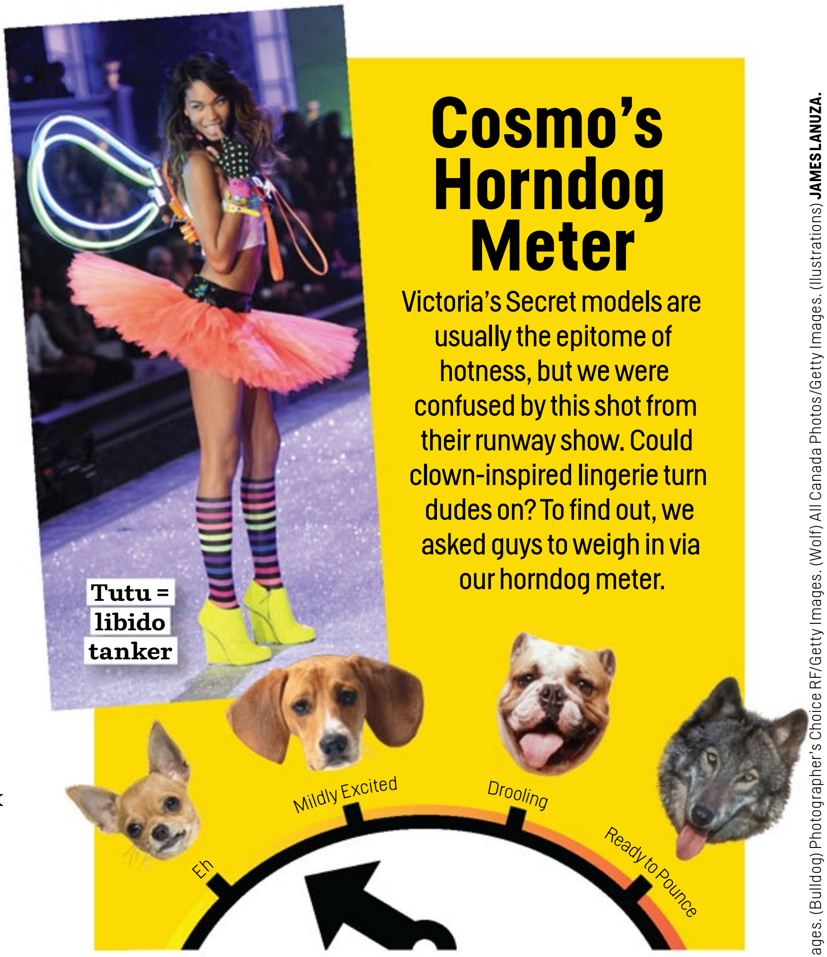
"Are you on birth control?" —*Jared L.*

"Do you talk to your ex?" —*Michael F.*

Let's hope Ryan never asked Eva any of these.

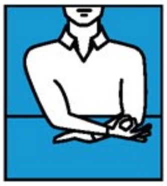
Cosmo's Horndog Meter

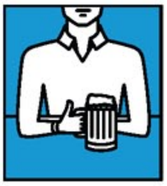
Victoria's Secret models are usually the epitome of hotness, but we were confused by this shot from their runway show. Could clown-inspired lingerie turn dudes on? To find out, we asked guys to weigh in via our horndog meter.

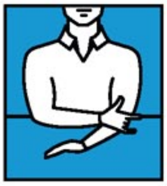

Tutu = libido tanker

3 Clues He's Secretly Into You

According to match.com, 59 percent of men believe in love at first sight. Look for these signals to see if he's falling at warp speed.


He makes the okay sign. If he's happy talking to you, he'll unconsciously give this approval gesture. For example, he may rest his hand this way on the bar.


His thumbs point up. A guy is mentally giving you a good review if he unknowingly does something like holding his beer glass with his thumb to the sky.


He flashes the I-love-you signal. You know he's hooked if he mindlessly drops this sign-language move when he's chatting across from you.

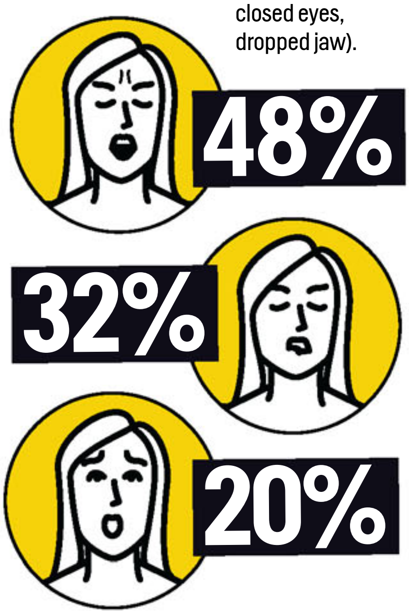
SOURCE: JANINE DRIVER, AUTHOR OF *YOU SAY MORE THAN YOU THINK*

(Gosling and Mendes) infphoto.com. (Model) Jamie McCarthy/WireImage. (Chihuahua) Oxford/Getty Images. (Beagle) Fuse/Getty Images. (Bulldog) Photographer's Choice RF/Getty Images. (Wolf) All Canada Photos/Getty Images. (Illustrations) JAMES LANUZA.

MAN-ON-THE-STREET POLL

Can He Spot a Real O Face?

Surprise! Almost half the men we asked picked the right one! A new study analyzed the expressions of women climaxing and found that it most often looked a lot like you're in pain (i.e., furrowed brow, closed eyes, dropped jaw).

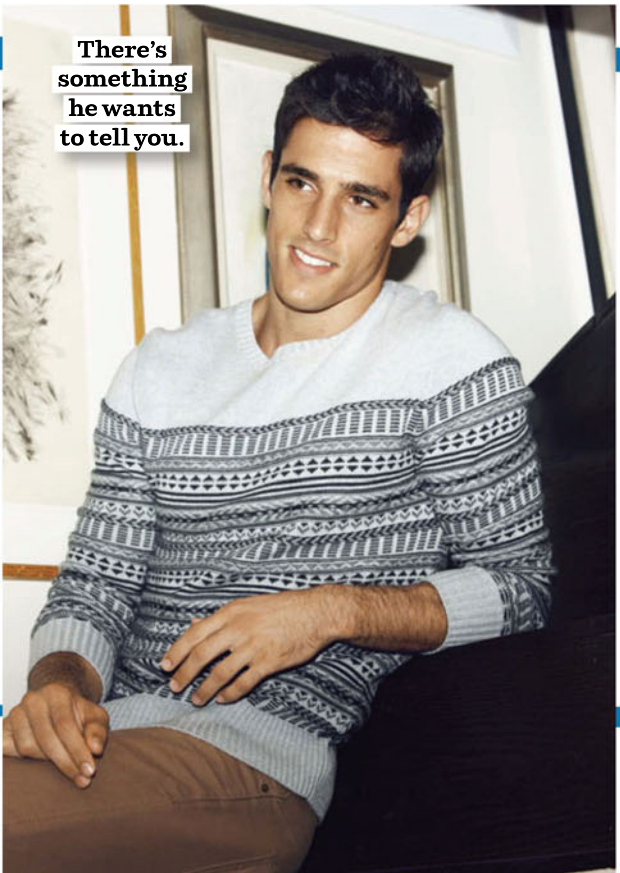


Shocker: This Word Is a Turn-Off to Guys

It's not *marriage* or *period*. According to our most recent crop of Cosmo Bachelors, it's the F bomb—more than half said it's unattractive. Huh? With raunchy chicks dominating (think Chelsea Handler and Sarah Silverman), you figure they'd be used to it. But experts say it's like burping. He knows you do it, but he'd rather think you don't…so you maintain a sexy, girlie mystique.

SOURCE: RELATIONSHIP EXPERT CATHERINE CARDINAL, PHD, AUTHOR OF *MEN TO RUN FROM, SO YOU CAN FIND THE RIGHT ONE TO RUN TO*

Sarah and Chelsea remain effing awesome.



There's something he wants to tell you.

The Conversation That Can Cheatproof Love

Turns out, infidelity involves more than just sex and dirty twitpics—guys who cheat also open up about family drama with their mistresses. According to experts, guys feel pressure to be strong for their significant other, and they may not want to share their biggest stresses or insecurities with you because they're afraid you'll see them as less capable. If he suspects you're going to judge him harshly, he may look elsewhere for that emotional, uh, outlet. To get him to open up, share something that makes you feel vulnerable first, then remind him that hearing about his problems—no matter what they might be—only makes you feel closer to him.

SOURCE: PAUL DOBRANSKY, MD, DIRECTOR OF MENSPSYCHOLOGY.COM

(Illustrations) **JAMES LANUZA.** (Male model) **CHRIS CLINTON.** (Silverman) Jeff Kravitz/FilmMagic. (Handler) Kevin Mazur/WireImage.

101 Things About Men

Stud Meter

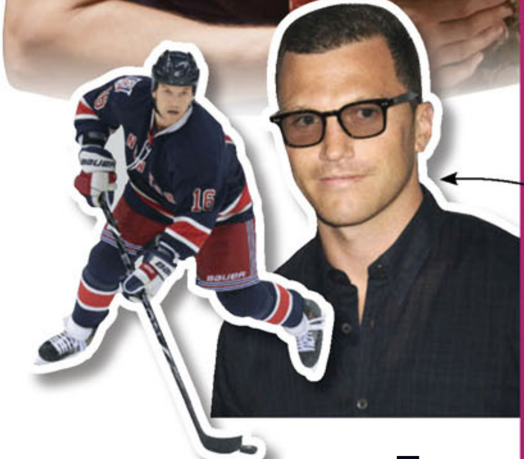
Check out which guys are getting sexier…and who's totally turning us off.

KICK-ASS

Channing Tatum
We tear up every time we see the trailer for *The Vow*—he plays a sexy, lovesick husband. Sigh….

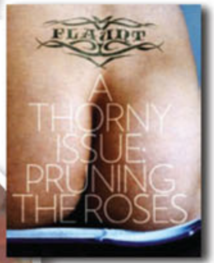
Michael Fassbender
He neared Stud Meter worthiness as Magneto and Mr. Rochester last year, but his latest role as a sex addict in *Shame* (hello, full frontal!) earned him a spot up top.

Armie Hammer
Aww. He's opening a bakery in his wife's hometown, which will feature her grandma's recipes.



Sean Avery
The New York Ranger recently released a PSA that supports gay marriage—prompting close-minded fans to give him flak. To us, Sean, it only made you hotter.

Michael B. Jordan
The ex–*Friday Night Lights* QB brings his cuteness to the big screen this month in *Chronicle*.



James Franco
His bare butt cheeks recently graced the cover of *Flaunt* magazine. Gross? Kinda sexy? The verdict is still out.

James McAvoy
Speaking of backsides, *this* James recently confessed he'd had a farting problem on a movie set. There goes our *Atonement* fantasy.

Jesse James
His former fiancée Kat Von D claims he cheated on her with 19 women in one year. If that's true, our meter doesn't go low enough for a dirtbag like him.

LAME-ASS

(Tatum) Kerry Hayes/SMPSP/© 2010 Vow Productions LLC. (Avery) AP/Wide World (2). (McAvoy) GF/bauergriffinonline.com. (James) Chelsea Lauren/WireImage. (Fassbender) Milestone Media/bauergriffinonline.com. (Hammer) David Livingstone/Getty Images. (Jordan) John Shearer/WireImage. (Franco) Sonia Recchia/Getty Images. (*Flaunt* magazine cover) courtesy of *Flaunt* magazine.

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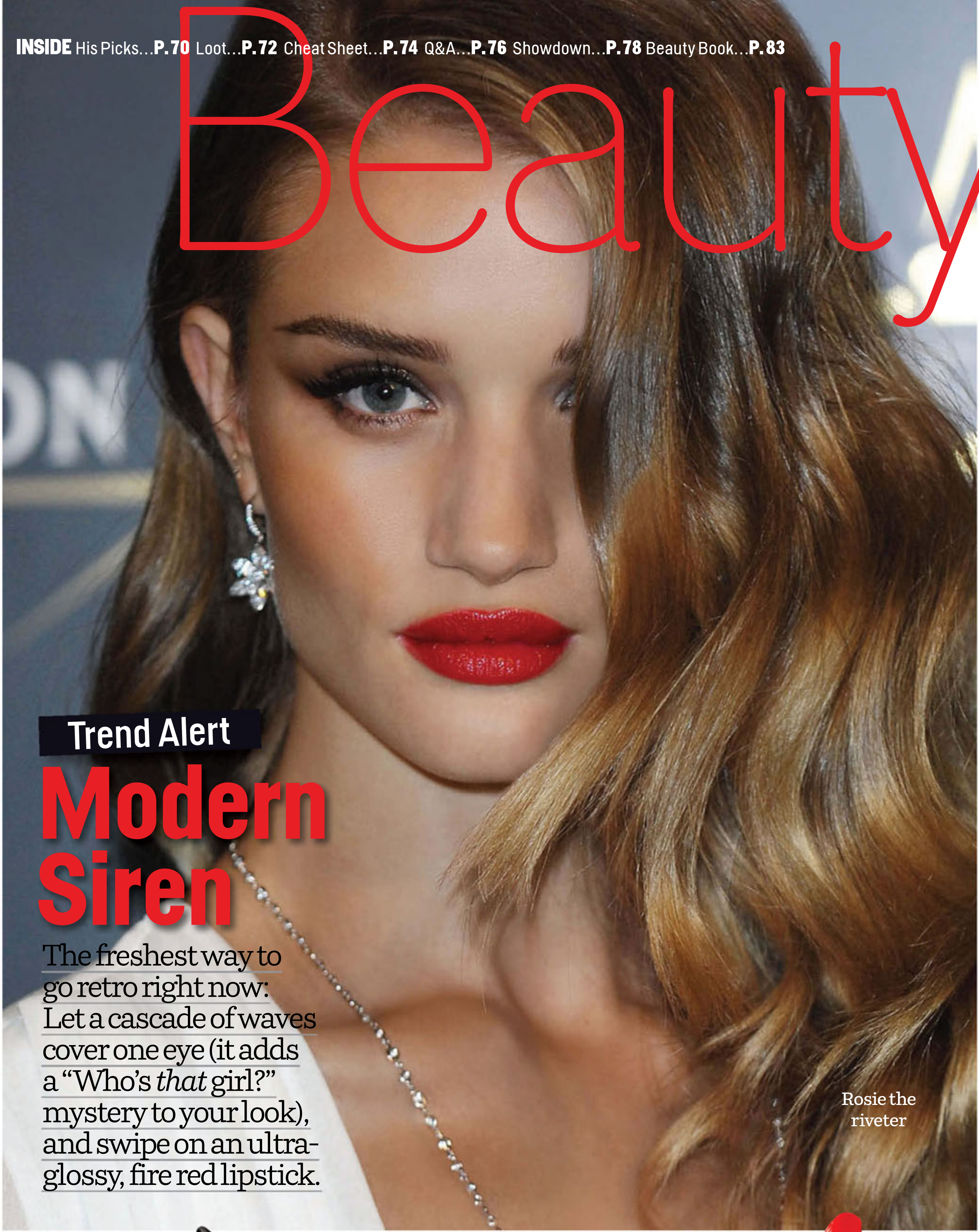
INSIDE His Picks...**P.70** Loot...**P.72** Cheat Sheet...**P.74** Q&A...**P.76** Showdown...**P.78** Beauty Book...**P.83**

Beauty



Trend Alert

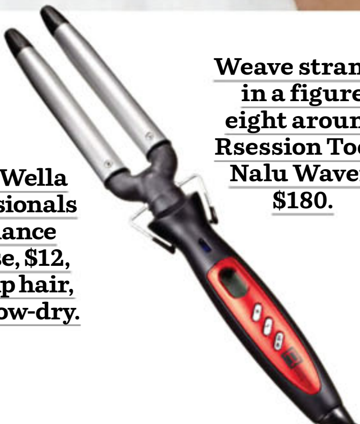
Modern Siren

The freshest way to go retro right now: Let a cascade of waves cover one eye (it adds a "Who's *that* girl?" mystery to your look), and swipe on an ultra-glossy, fire red lipstick.

Rosie the riveter

FOR HAIR

Apply Wella Professionals Brilliance Mousse, $12, to damp hair, then blow-dry.



Weave strands in a figure eight around Rsession Tools Nalu Waver, $180.

Comb, then set with L'Oréal Paris Elnett Satin Hair Spray, $15.

FOR LIPS

Burberry Lip Mist in Rosy Red, $30, ups the ante.

(Huntington-Whiteley) Ben Pruchnie/Getty Images. (Stills) JEFFREY WESTBROOK/STUDIO D. See page 214 for shopping information.

Beauty His Picks

Road Test: Couple-Approved Colognes

Of all the latest men's scents, these four were voted best for V-Day romance by Cosmo staffers and their significant others.

Armani Code Sport, $73

"My guy loved its sophisticated scent, and the minty kick made me want to lick his neck every time he wore it."

—Meagan

Ralph Lauren The Big Pony Collection Deodorizing Body Spray #1, $17.50

"It made my guy smell—and act—like an alpha male!"

—Loni

Jean Paul Gaultier Le Male Terrible, $59

"I liked the hints of vanilla and lavender—unusual guy smells that made my husband feel 'different and cool.'"

—Korin

Gucci Guilty Intense Pour Homme, $79

"He smelled so hot wearing this patchouli-packed aroma that I definitely gave him more attention."

—Bethany

ARMANI
sport
code

Nikki's
brows
wow.

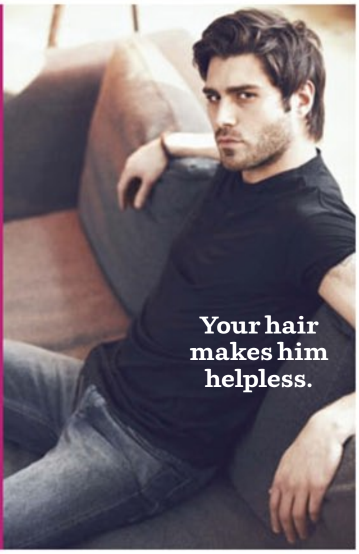
WE ASKED 100 GUYS ON THE STREET

Are thick brows bold or bushy?

59%	41%
BOLD	BUSHY

Hair's Foreplay Powers

Next time you're all alone with him, slowly stroke your strands from their roots to ends. It sends a signal that you want him to touch your body in the same sexy way, says body-language pro Janine Driver.



Your hair makes him helpless.

Mesmer-eyes Him

If a guy thinks you're hot when he meets you, he'll look into your eyes for a lengthy eight seconds on average, notes a study in the *Archives of Sexual Behavior.* Guarantee a stareworthy gaze with CoverGirl LashBlast 24HR Mascara, $9. Unlike other mascaras, it keeps lashes full and flirty for 24 hours...so even if it's last call, your eyes will still capture his attention.

24
lashblast 24HR

(Stills) CHRIS ECKERT/STUDIO D. (Reed) Rabbani and Solimene Photography/WireImage. (Male model) CHRIS CLINTON. See page 214 for shopping information.

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WHAT WOMEN PREFER
FOR SOFT, SMOOTH LIPS*

NIVEA® A Kiss of Smoothness Lip Moisturizer. Women agree two to one that NIVEA A Kiss of Smoothness makes lips more kissable than the leading lip balm.* With natural jojoba oil and shea butter, it gives your lips the long-lasting moisture they need—kiss after luscious kiss.

Scan to your reader for $1.00 OFF while supplies last.

*In a blind study of more than 300 women who used NIVEA A Kiss of Smoothness and the leading lip balm.

NIVEA
A KISS OF
SMOOTHNESS
HYDRATING LIP CARE SPF 10
SEALS IN
MOISTURE

Sexy Spring Duos

The runways were packed with unexpected eye-and-lip combos that complement, not clash with, each other.

PUNKED-UP PASTELS

A frosty finish takes the innocence out of pale hues, giving them an edgy twist.

KORRES
LIP BUTTER GLAZE
GIORGIO ARMANI
EYES TO KILL

Giorgio Armani Eyes to Kill Intense Eye Shadow in 10, $32

Korres Lip Butter Glaze in Jasmine, $14

GILTY AS CHARGED

Don't limit bronze to just cheeks—slathering it on eyes and lips is a sexy new way to glow.

L'ORÉAL PARIS
Colour Riche
le Gloss

Dior 5-Couleurs Palette in Couture Golds, $59

L'Oréal Paris Colour Riche Le Gloss in Nude Illusion, $8

NAUGHTY NEUTRALS

You know how he loves you in a white tee and jeans? These hues work in the same way.

Make Up For Ever Rouge Artist Natural in Bohème, $19

YSL Effet Faux Cils Longwear Cream Eyeliner in Sea Black, $25

DRIPPING IN JEWELS

Rock the loud-lids-and-lips trend with jade and amethyst (serious attention getters).

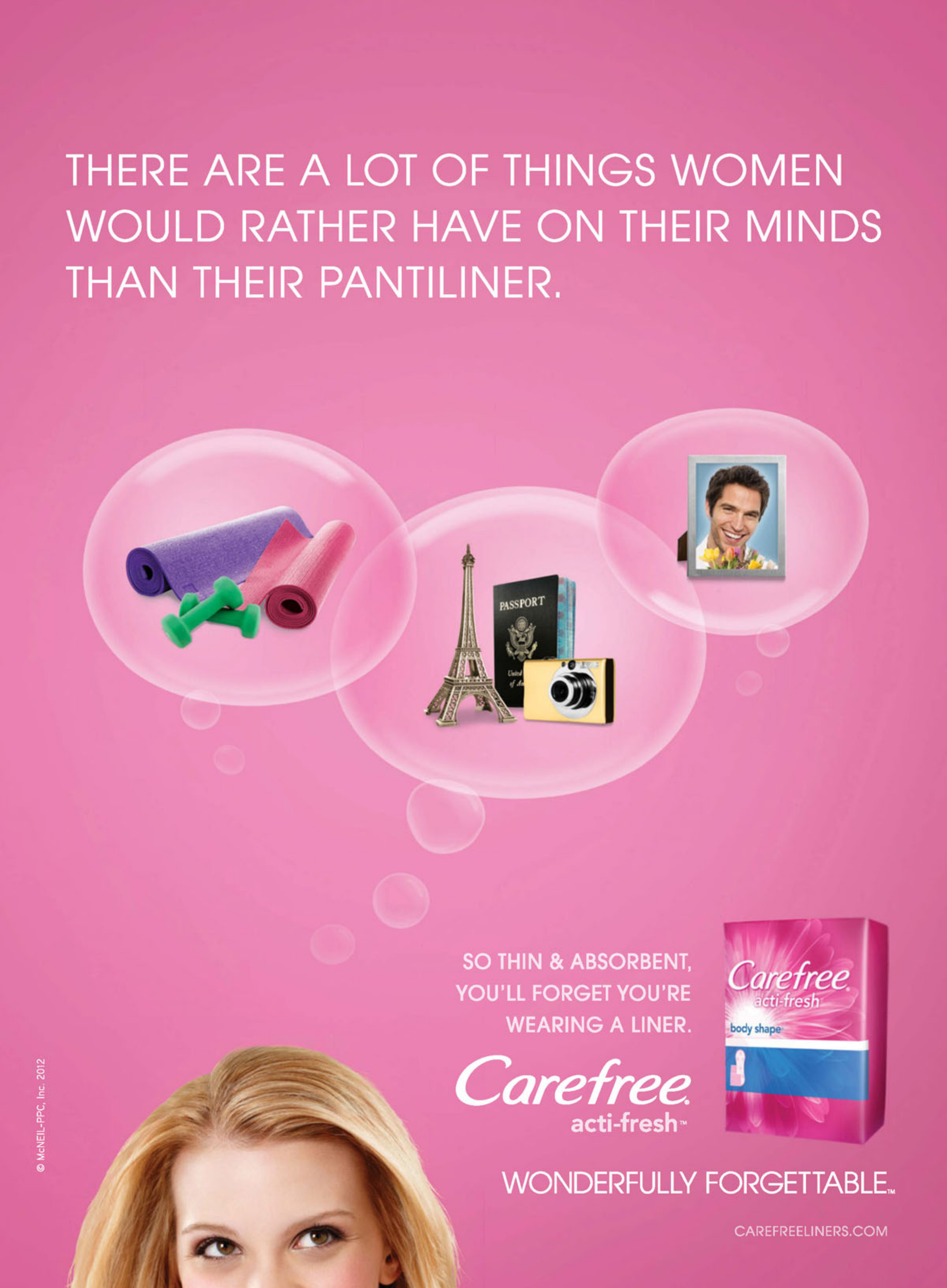
Revlon ColorStay Ultimate Liquid Lipstick in Vigorous Violet, $11

ESTĒE LAUDER
REVLON

Estée Lauder Pure Color Gelée Powder Eye Shadow in Cyber Teal, $24

TIP
Scale back on blush to balance these dynamic duos.

CHRIS ECKERT/STUDIO D. See page 214 for shopping information.



THERE ARE A LOT OF THINGS WOMEN WOULD RATHER HAVE ON THEIR MINDS THAN THEIR PANTILINER.

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How to Hide an Acne Scar

Erase the evidence of a past breakout with this dent-plumping, skin-perfecting fix.

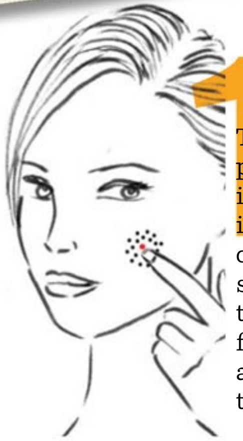
Your face can be Kate Bosworth flawless.

THE PRO

Marina Gravani, a celeb makeup artist in Los Angeles

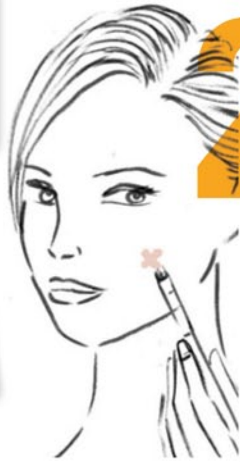
THE PREP

Lather up with a salicylic-acid cleanser for 30 seconds. It dissolves surface oils, helping makeup stay put all day.



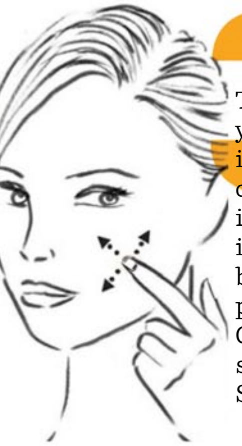
1

Tap a silicone-based primer (it'll have an ingredient ending in *-cone*) in circles over the scar; the silicone helps fill the divot. Let it set for a minute, then apply foundation the same way.



2

Brush concealer (get a perfect match with Maybelline Fit Me!, $6.49) across the scar diagonally, then again in the opposite direction, forming an X. This provides two thin layers of coverage.



3

Tap concealer with your finger, starting from the center of the X and moving outward until it's completely blended. Press on powder (like CoverGirl Professional Loose Powder, $5.50) to set.

TIP

Green-tinted primers help neutralize the look of a fresh, purple-tinted scar that's still healing.

MAKE UP FOR EVER
PROFESSIONAL
HD
HIGH DEFINITION PRIMER

Make Up For Ever HD Microperfecting Primer in Green, $32

(Bosworth) Stephen Lovekin/Getty Images. (Stills) JEFFREY WESTBROOK/STUDIO D. (Illustrations) STUART MCKENZIE/EYECANDY.CO.UK. See page 214 for shopping information.

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Love Blooms.

Beauty Q&A

Every month, we answer a bunch of your burning beauty questions.

Q. How can I prevent the dent I get on my face during a massage?

A. Before a rubdown make sure to moisturize, says dermatologist Audrey Kunin. (Try Aveeno's cream, below, or Dermadoctor Wrinkle Revenge Serum, $65.) "Well-hydrated skin cells are less likely to crease when pressure is applied," says Dr. Kunin. If you still see a dent posttreatment, hit the steam room for a blast of skin-plumping hydration.

Aveeno Nighttime Moisture Infusion, $15

Q. Why do my legs and feet get itchy during a pedicure?

A. You could be sensitive to something in the scrub or lotion, like nuts or perfumes. Let your nail tech know of any allergies pre-pedi, says Beverly Hills derm Ronald Moy. Shaving can be a culprit too; razors create microcuts that irritate easily.

Q. Should I wash my hair before dying it?

A. Yes. Dirt and oil prevent pigments from absorbing evenly, says L.A. salon owner Sheri Román. And unless your salon uses a clarifying rinse (standard in color systems like Aloxxi), colorists don't normally do a pre-shampoo.

Q. Do eyeliners that promise to grow lashes really work?

A. The only proven grower is Latisse, an Rx treatment, says NYC derm Macrene Alexiades. But some liners (Revlon's, here), mascaras (try Rimmel Lash Accelerator, $10), and serums (like Talika Lipocils Expert, $55) deposit strengtheners like biotin and aloe, so hairs don't fall out so fast.

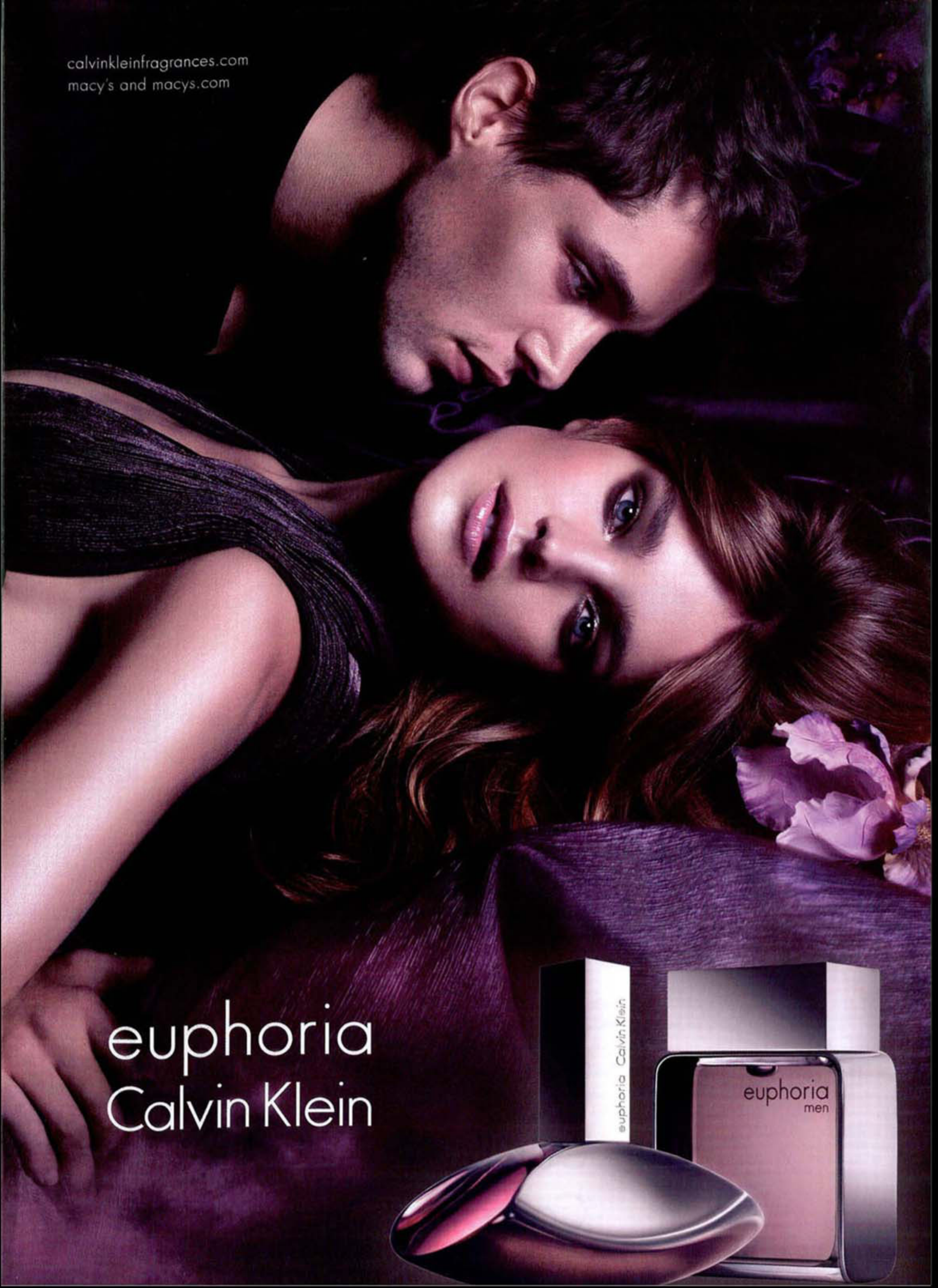
Revlon Grow Luscious Liner, $9

Q I'm not totally sure of my skin type. Is there a trick to tell?

A. Go makeup-free for a day, and notice when your face gets shiny. "If you glisten before lunchtime, you're oily," says Annet King, director of global education for Dermalogica. Not shiny until night (or at all)? Consider yourself dry. Midday means you have combo skin.

The time of day your skin gets dewy can signal your skin type.

(Stills) CHRIS ECKERT/STUDIO D. (Model) JOSÉ PICAYO. See page 214 for shopping information.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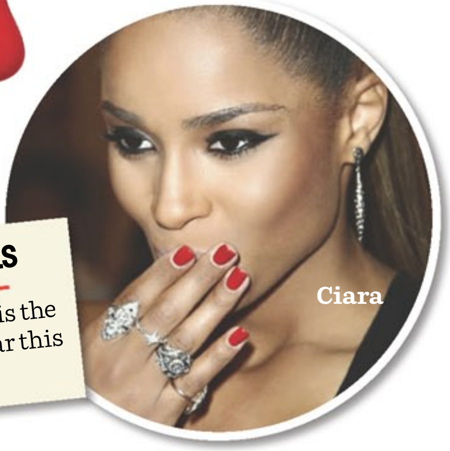
Beauty Showdown

We draw the line between what's spot-on and what's so wrong.

Try This

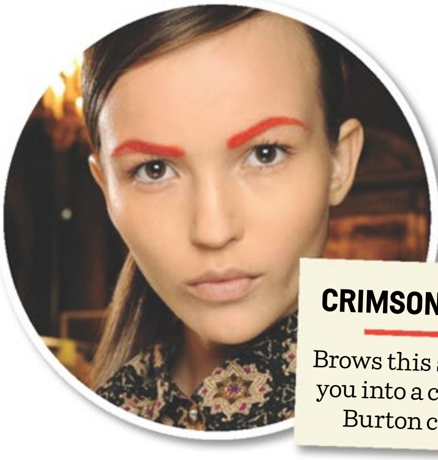
Not That

Nicole by OPI Nail Lacquer in Kourt Is Red-y for a Pedi, $7.99


Ciara

CRIMSON NAILS

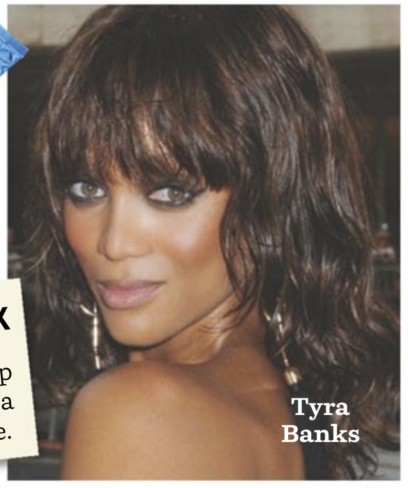
A red-orange mix is the fiercest way to wear this classic hue.


MARTIN GRANT

CRIMSON ARCHES

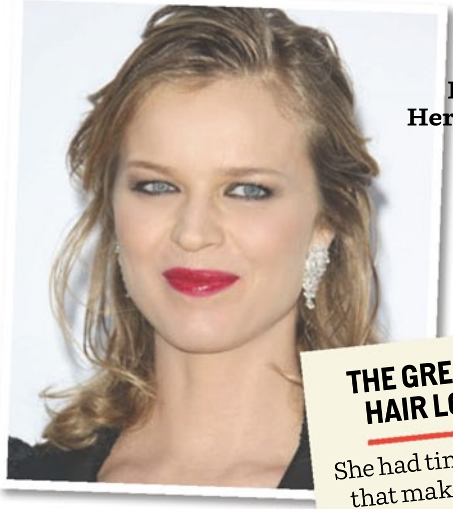
Brows this shade turn you into a creepy Tim Burton creation.

PHYTO
gel effet mouillé
wet gel
Phyto Professional Wet Gel, $24


Tyra Banks

THE WET-HAIR LOOK

Smooth gel into damp locks and air-dry for a shiny, textured style.

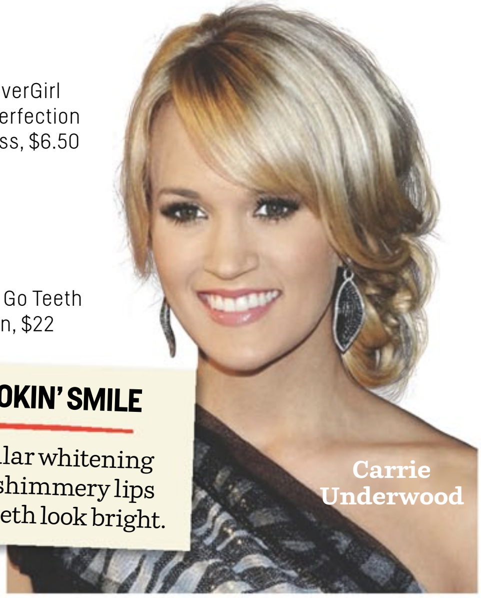

Eva Herzigova

THE GREASY-HAIR LOOK

She had time for all that makeup but none to shampoo?

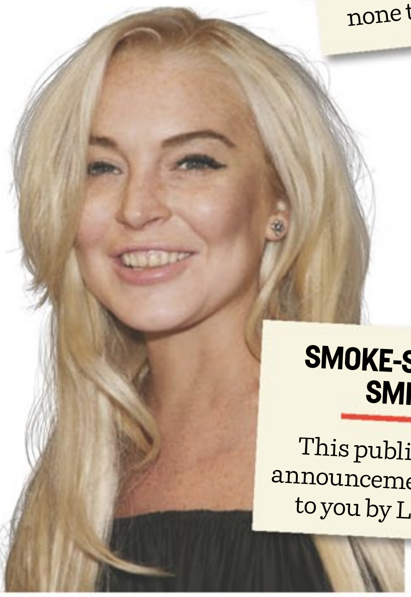
GO SMILE
ON THE GO
CoverGirl LipPerfection in Kiss, $6.50

Go Smile On The Go Teeth Whitening Pen, $22


Carrie Underwood

SMOKIN' SMILE

Regular whitening plus shimmery lips help teeth look bright.


Lindsay Lohan

SMOKE-STAINED SMILE

This public-service announcement brought to you by La Lohan.

(Stills) **JEFFREY WESTBROOK/STUDIO D.** (Left to right, from top) Julien Hekimian/Getty Images; gorunway.com; Johns PKI/splashnews.com; wenn.com; Jason Kempin/Getty Images for BMI; Jonathan Leibson/FilmMagic. See page 214 for shopping information.

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Johnny LaVoy on L'Oréal's first-ever Cleansing Conditioner: "Sure, shampoo cleans your hair but it can also dry it out. Some shampoos have harsh sulfates: they create lather, which can strip your hair's natural oils. Lather can also cause friction that leads to breakage. Luckily L'Oréal's first-ever Cleansing Conditioner is different: it's low-lathering and sulfate-free. With ¼ cleanser and ¾ conditioner, it leaves your hair incredibly clean and moisturized – no need for a separate conditioner. You'll see new manageability and feel new softness. Kind of a 'shampoo makeover' for your hair."

Johnny LaVoy
L'Oréal Paris Consulting Stylist

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Get Longer, Lusher Hair

Your strands are *supposed* to grow half an inch every month, but there are hidden reasons that might not happen. Answer these questions to help uncover your mane issue, and then discover how to max out the length of your locks.

By Marta Topran

DEAN ISIDRO. Senior fashion and beauty editor: Rebecca Hessel Cohen. Hair: Robert Lyon at Atelier Management for Redken. Makeup: Lottie at Atelier Management for Diorshow. Manicure: Sunshine for Color Club at Artists by Next. Necklace: CBD by Charlotte Bjorlin D'elia. See page 214 for shopping information.

Hair this bouncy and flirty basically screams "Touch me!"

Do you rely heavily on hot tools (dryers, irons) or hair dye?

Fekkai Protein Rx PM Repair Strengthener, $65

Assaulting your mane daily with heat or bimonthly with harsh color depletes hair of keratin (the protein that keeps it strong), making it prone to breakage, says Mona A. Gohara, MD, clinical assistant professor of dermatology at Yale. And if hair keeps snapping off, there's no way it can reach a Kardashian-esque length.

Sexy-hair secret: Twice weekly, use a protein mask (like Fekkai's, left). Set dryer to medium or warm or iron to about 300 degrees, and use a heat-protectant spray, says Sarah Potempa, a stylist for Aussie. Finally, try to wait an extra two to four weeks between color appointments.

Do you use dry shampoo more than the real stuff? Is your scalp often flaky?

When used more than three times a week, dry shampoo creates a dandruff-causing buildup of dead skin and oil, says Gervaise Gerstner, L'Oréal Paris consulting derm. Scalp inflammation damages follicles and weakens hair growth.

Sexy-hair secret: Three times a week, use a zinc shampoo (Head & Shoulders Green Apple, $5, and Suave Scalp Solutions Anti-Dandruff Mint & Eucalyptus Shampoo, $3.50, smell yummy). Massage the scalp to lift residue, then use conditioner on your ends, says Diane Madfes, a derm for Garnier. (Try L'Oréal's, at right.)

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BODIFY CONDITIONER

L'Oréal Paris EverStrong Bodify Conditioner, $7

Are you super stressed right now (perhaps from a recent breakup or huge project at work)?

Extra shedding after a bout of high stress is likely telogen effluvium, says Dr. Gohara. Sounds scary, but it's pretty normal to experience occasionally. An isolated period of pressure forces 40 percent of your strands (up from the normal 10) to stop growing, lie dormant, then fall out three months later.

Sexy-hair secret: As long as you chill ASAP (yoga, anyone?), your growth will return to normal in a few months, says Dr. Gohara. Scalp-stimulating oils (like the one here) can help kick-start hair growth. And a thickening serum (like Nioxin DiaMax, $50, which fattened our tester's hair) can conceal any thinness.

René Furterer RF80, $67, for 12 weekly treatments

(Stills) JEFFREY WESTBROOK/STUDIO D. Dress: Boulee.

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Doutzen Kroes

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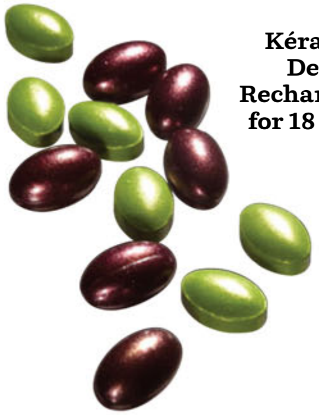
Rock a low pony instead of a high one, which makes hair look shorter.

Have you answered no to everything...and *still* can't get extra-long locks?

Your genes, your eating habits, even your Pill choice can affect your hair, so talk to your doc to target your issue.

Sexy-hair secret: If your issue is genetic, your doc may recommend a scalp serum with 2 percent minoxidil (like Women's Rogaine Topical Solution, $30), an ingredient that's proven to grow strands in about three months. If diet is to blame, a healthy-hair diet can help (beans, for instance, are high in hair-fortifying zinc; salmon is rich in strand-sprouting omega-3s), as can supplements (like the ones below and Viviscal, $50), says Doris Day, an NYC derm. Finally, a Pill that contains spironolactone (Yaz and Yasmin do), an antiandrogen that blocks testosterone, may be your lock-thickening weapon, says Dr. Gerstner.



Kérastase Densi-Recharge, $40, for 18 tablets

Fake a Long, Thick Mane—Stat!

Try these tricks while waiting for your growth spurt to kick in.

GAIN A FEW INCHES: DIY straighteners (like Keratin Perfect, left, or Bumble and Bumble Concen-Straight Smoothing Treatment, $45) stretch out wavy strands, so they look longer.

MAKE THIN HAIR SEEM DENSER: Root-concealing sprays, such as Rita Hazan's (left), hide a sparse, too-visible part.

CREATE TONS OF BODY AND VOLUME: Prep hair with a primer (like Wella's, left) pre–blow dry—it boosts the effects of strand-plumping stylers (volumizer, thickening spray) applied after it.

Keratin Perfect Hair Smoothing Duo Kit, $65

Rita Hazan Root Concealer, $24

Wella Professionals Velvet Amplifier, $16

(Stills) JEFFREY WESTBROOK/STUDIO D. Dress: Lisa Perry Style.

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Doutzen Kroes

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"I love it"
—DANIELLE STEEL

"A grand slam"
—MIKE LUPICA

"Criminally good"
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INSIDE Feel closer postfight...**P. 90** When he goes MIA...**P. 94** For Keeps...**P. 96** Boobs!...**P. 98** Ask Him Anything...**P. 100** Sh*t My Guy Says...**P. 102**

Love

He's as into it as you are.

REAL ROMANCE

Awww-some Moves Men Crave

By Annie Daly

The whole "dudes don't dig romance" thing? Total BS, according to recent studies. So we polled hundreds of guys to see which mushy behaviors they like most. Here are their top five faves, just in time for Valentine's Day.

1. Spooning in bed
2. Kissing in public
3. Linking arms while walking down the street
4. Soaking in a bubble bath together
5. Exchanging cutesy text messages

→

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Manicure: Dida using Dior Vernis at raybrownpro.com. (On him) coat: J Lindeberg; shirt: Won Hundred; jeans: Hudson. (On her) coat: REISS; skirt: Holy Tee; tights: DKNY; bracelet: Giles & Bros.

Use these strategies and he won't turn his back.

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Manicure: Dida using Dior Vernis at raybrownpro.com. (Illustrations) **JAMES LANUZA.**

LOVE SKILLS

Feel Closer After a Fight

Arguing sucks. But if you deal with the aftermath in the right way (i.e., don't act like Ronnie and Sammi), conflicts can make your relationship even stronger. Seriously.

By Mina Azodi

SPARRING ABOUT MONEY?
Check out *Redbook's* February issue for need-to-know tips that will help you protect your relationship (and your wallet) against cash woes.

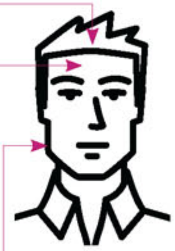
TAKE BACK THE CRAZY SH*T YOU SAID

So you uttered something hurtful that you totally didn't mean, and a simple "I'm sorry" won't cut it. Here's how to undo the screwup, so you both can move on to more pleasant things...like make-up sex.

Whoops, You...	Damage Control	Why He'll Forgive You
Called him an asshole.	Scold yourself by telling him, "I'm the asshole for saying that."	If you call yourself the same name, he'll know you don't believe he's an SOB or whatever it is you said.
Threatened to break up with him.	Say, "I overreacted and was being dramatic." Then commit to not throwing around the B phrase again.	His trust is shaken, so it's key to make it clear to him that you know it's unacceptable to go there.
Hit below the belt.	Admit that it was a low blow, then list the reasons why whatever you said clearly is not true.	Offering specific explanations as to why he's awesome will back up your claim that it was an empty insult.
Said those other three little words ("I hate you").	Tell him, "That was so embarrassingly childish of me to say that."	He'll appreciate that you're owning how immature you were. He should be able to relate...and get over it.

SOURCES: XAVIER AMADOR, PHD, AUTHOR OF *I'M RIGHT, YOU'RE WRONG, NOW WHAT?*; BARTON GOLDSMITH, PHD, AUTHOR OF *EMOTIONAL FITNESS FOR COUPLES*

THE TOUCH THAT RECONNECTS YOU



A study found that couples who received a dose of the lovey-dovey hormone oxytocin postfight felt more in love than those who didn't. Offer to give him this massage (he's unlikely to refuse) and you'll trigger his brain to release the hormone.

Scalp: Rub the top of his head with both hands, as though you're shampooing him. Move your hands down to the sides of his scalp, and then go down to where his head meets his neck.

Forehead: Massage here with your fingertips (of both hands) using circular motions, starting in the center and moving out to his hairline.

Jaw: Place your thumb and finger over his jawbone on either side of his chin, and press down like you're pinching it all along the edge.

SOURCE: MASSAGE THERAPIST VALERIE VONER, FOUNDER OF THE NEW ENGLAND INSTITUTE OF REFLEXOLOGISTS

Nachos heal all wounds.

THE PERFECT BOUNCE-BACK SNACK

Bad news: When you're pissed at each other, your bodies are pumping with adrenaline, which can leave you both on edge.

Good news: Eating carbs can take away that jittery feeling, since it ups the amount of serotonin in your brain, which stabilizes your mood. To get the healthy benefits, heat up some nachos (made with reduced-fat cheese) or dive into a bowl of popcorn together.

SOURCE: JUDITH WURTMAN, PHD, AUTHOR OF *MANAGING YOUR MIND AND MOOD THROUGH FOOD*

TEXT RX

Researchers at the University of Utah have noted that humor is one of the best ways to bring a fighting couple back together again. Laughter does two key things: It breaks the tension, and it's a reminder that you two have common ground, since you're both chuckling over the same thing. After a throw down, text him a link to a goofy YouTube clip with a message like "This made me feel better; hope it does the same for you."

Sync Your Coping Styles

Most people deal with the aftermath of a couple fight one of three ways (see below). Depending on which type you each are, there's an ideal way to make up. Find your combo for customized advice.

Zombie This type shuts down and won't talk.

Brooder He or she stews over the details, rehashing everything.

Amnesiac What fight? They pretend it didn't go down.

Zombie + Brooder = It's manifesting in different ways, but you're both too busy reacting to the fight to find a solution. Think about what will get you out of your funk. An apology? Venting? Once you ID your needs, say "To let this go, it would help if you ____." Then ask what you can do to make him feel better.

Brooder + Brooder = You two need to get your brains on a happier track, so you'll stop rehashing the brawl in your heads. Do something fun together, like cooking dinner if you're both foodies or walking around a cool part of town. Being active will distract both of you so you can think straight again.

Amnesiac + Amnesiac = Joint denial can be a good thing, provided your argument was over something small. If it was a blowup, though, you have to talk it over or risk building up resentment. Set up a day and time to discuss it for 20 minutes. If you don't reach a resolution, set another date in a couple of days.

Brooder + Amnesiac = If sweeping stuff under the rug is your MO, you need to acknowledge that the other person is pissed. Say, "This is a bigger deal for you than I realized. What can I do?" If you're the one who's fuming, you have to confront the Amnesiac. Tell him, "I'm not over this. Let's talk it out."

Amnesiac + Zombie = If you're an Amnesiac, make the first move. Say, "I can tell you're still bothered. I'll give you some space, but I'd love to talk when you're ready." If you're the one shutting down, try to surface long enough to acknowledge that the fight happened and get him to do the same.

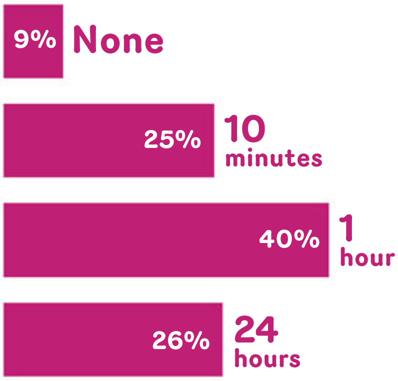
Zombie + Zombie = The key here is using actions, not words, since being the first to spill is so hard for both of you. Hold hands, try the massage on the previous page, or hug it out. Once you two make contact, your guards will come down and you'll naturally feel more open to working things through.

SOURCE: BARTON GOLDSMITH, PHD, AUTHOR OF *EMOTIONAL FITNESS FOR COUPLES*

HOW MUCH COOLDOWN TIME DOES HE NEED?

We got guys to confess the amount of solo time they need to recover after a major fight. Let him zone out in front of an episode of *House* and then he should be good.

SOURCE: COSMOPOLITAN.COM POLL



A LITTLE MIND TRICK THAT HELPS YOU MOVE ON

It can be tough to forget about an obnoxious thing your guy did, even when you've forgiven him. So let yourself replay it in your mind twice. After that, when you start to dwell, close your eyes and tilt your head back. It takes a few seconds for your head to adjust, so it'll be easier to let go of the thought.

SOURCE: LIFE COACH JIM FANNIN, CREATOR OF THE 90-SECOND RULE

(Nachos) FoodPix/Getty Images. (Guys, from left) Digital Vision/Getty Images; Stockbyte/Getty Images; The Agency Collection/Getty Images.

Make-up sex begins in 3, 2, 1….

GUYS' POSTFEUD PET PEEVES

We asked a bunch of guys to let us in on the small yet majorly annoying things we do after a bitchfest.

"I hate how she always cuddles with our dog right after we have an argument. I know I'm a baby for admitting this, but it'd be really nice if I got to be the one to do that once in a while." —*Evan M.*

"She posts something mushy on my Facebook wall, like 'I'm so happy we're not fighting anymore! Love you!' The thought is nice, but I hate how she's exposing our drama for all our friends to see." —*Matt F.*

"I can't stand how she always says after an argument, 'Well, at least that wasn't as bad as that one time we fought about blah blah.' I get that she's trying to put things in perspective, but bringing up old shit right after we've argued isn't going to put me in a good mood." —*Travis P.*

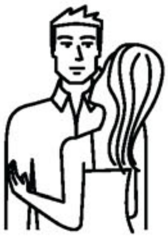
"For whatever reason, she likes to take a nap after a fight, but I want to hang out or do something fun." —*Brian W.*

"It bothers me how she calls her best friend to describe the entire fight when I'm sitting right in the next room. It makes me think that the argument isn't really over if she still wants someone else to take her side." —*Greg C.*

"I don't like how she constantly asks afterward, 'Are we okay?' It's annoying, since obviously we're okay or we'd still be fighting." —*Ian W.*

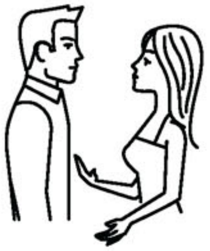
"I can't stand when she starts using her cutesy nickname for me right after we've argued. It feels forced." —*Josh W.*

THE MOVE THAT MAKES HIM FORGIVE YOU…



Tilt your head so that you're gazing up, exposing your neck. This is a submissive posture that lets him know you genuinely understand you're in the wrong. At the same time, put your hand on his arm—a subtle touch will help him feel more accepting.

…AND THE GESTURE THAT SAYS YOU FORGIVE HIM



First, angle your body toward his, so both your torso and your feet are pointing at him. This demonstrates that he has your full attention. Next, make sure your upper body is open (don't cross your arms in front of your chest). Instead, talk with your palms up, which signals you're receptive to whatever he's saying.

SOURCE: BODY-LANGUAGE EXPERT TONYA REIMAN, AUTHOR OF *THE BODY LANGUAGE OF DATING*

CHRIS CLINTON. Dress: Rachel Pally. Shirt: Gant.

Nooo! Wait… don't go!

What to Do When a Guy Ghosts

Ghosting is when a dude pulls back…or just disappears. *Rude*. But depending on how you play it and whether or not you even want Casper that badly, you may be able to turn things around.

By Jessica Knoll

HE DISAPPEARS AFTER A COUPLE OF FANTASTIC DATES

You're getting on like bandits. Then he vanishes, and you're left to obsess over how someone you felt such a connection to could have done a 180.

WHY HE DOES IT: "There are several explanations," says Jenn Berman, PhD, host of *The Love and Sex Show With Dr. Jenn* on Cosmo Radio. "He could be crazed at work or under the impression that you're not into him, or worst scenario, he's not interested."

YOUR MOVE: Text him on the off chance he is busy or needs encouragement. If you don't get an enthusiastic response within 24 hours, delete his info. "Never put in more than you're getting at the beginning," says Seth Meyers, PhD, author of *Dr. Seth's Love Prescription*. "If he's interested, he'll make the effort to be with you."

HE PULLS THE SLOW FADE AFTER A FEW MONTHS

If you've been seeing each other for three to six months, he can't exactly get away with going silent on you. So ghosting is more subtle. He may start backing out of plans and acting aloof.

WHY HE DOES IT: "A 'switch' occurs around this time," explains Berman. "The chase is over, he's gotten you, and so he pulls back and wonders if he really wants this."

YOUR MOVE: If you are into this guy and want to try to salvage things, your best plan of attack is to back off the relationship and focus on your own happiness. "Keep your schedule busy," advises Berman. "If he does call wanting to get together, you should be warm and friendly as you say, 'I'd love to, but I have plans this weekend. Let's shoot for another night.'" This signals to him that you have a full life and makes a guy realize *Wow, I want to be a part of that, so I better not screw this up.*

HE ACTS WEIRDLY DISTANT AFTER A YEAR OF DATING

It's hurtful when, even though you still spend a lot of time together, you feel some part of him pulling away.

WHY HE DOES IT: One year is a milestone that may trigger him to ask "Is she the one I want to go the long haul with?" If he is unsure and has no clue how to deal with that confusion, he's likely to stop being as emotionally open to you and act less affectionate.

YOUR MOVE: Berman suggests saying, "I'm sensing that you're feeling overwhelmed, but I trust we have a good thing going here." Then hang back—the right guy will reinvest in the relationship. If he doesn't, it's time to take a break. "Let him know that if things change to give you a call, but you can't promise that you'll be available." Yeah, it sucks like hell to let go of someone you've invested in, but your first priority should be making sure *your* needs are met. ■

Rule #1

Give him just one chance to reappear. Then exorcise him!

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Sarah Sibia for Tigi at See Management. Makeup: Natasha Smee at The Wall Group. Manicure: Liang at Atelier Management using Dior Vernis. Prop stylist: Robert Sumrell for Atelier Management. Jacket: Plain Jane Homme; T-shirt: LNA; jeans: J Brand.

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Some guys don't know their ass from their elbow wrench.

Can You Ask Him to Man Up?

Every month, author and journalist Kristina Grish contemplates the sweet, surprising, and often totally confusing world of marriage.

Aside from his mother, few people would call my husband, Scott, a manly man. He likes to read and write, and his alpha-male traits are limited to drinking scotch and admiring wolves—that is, if "liking" an "I love Siberian Huskies" Facebook page counts.

His lack of stereotypical maleness became particularly obvious when a piece of baseboard in our hallway broke off, and he suggested I "just call someone" to fix it. I did; the guy hammered three nails into the wall and was too embarrassed to charge me for his brief time and effort. When stuff like this happens, I wish Scott would just man up, deal with random repair hiccups, and in general, do more traditional guy stuff. Why do women like me marry our evolved, sensitive soul mates then secretly wish they'd be more macho?

BLAME DAD

To be clear, that wasn't the first time that Scott's acted a little, um, delicate. When he gets sick and the doctor gives him strict orders to rest, he mopes like a baby. And when a tree branch came loose in our backyard, he had to ask my father to saw it off for us. Come to think of it, could my macho cravings be my dad's fault?

"Women grow up expecting all men to do what they saw their dads do, like chop wood and fix the leaky faucet," says Debra Holland, PhD, a psychotherapist in Los Angeles. After witnessing that for years, we assume that's what husbands should do. And as a result, we want it all: an emotional guy and a manly man all in one.

But that's not always realistic, says John Duffy, PsyD, a clinical psychologist in Chicago. "Modern men are taking cues from women about how to be more sensitive and aren't spending as much time obsessing over being the man of the house," he says. Guys are no longer ashamed to cozy up with their wife and a glass of wine to talk about feelings or ask for help when they don't know how to do something. And, really, if I had to choose, I'd take a guy who listens over one who can whittle me a new iPhone case out of wood any day.

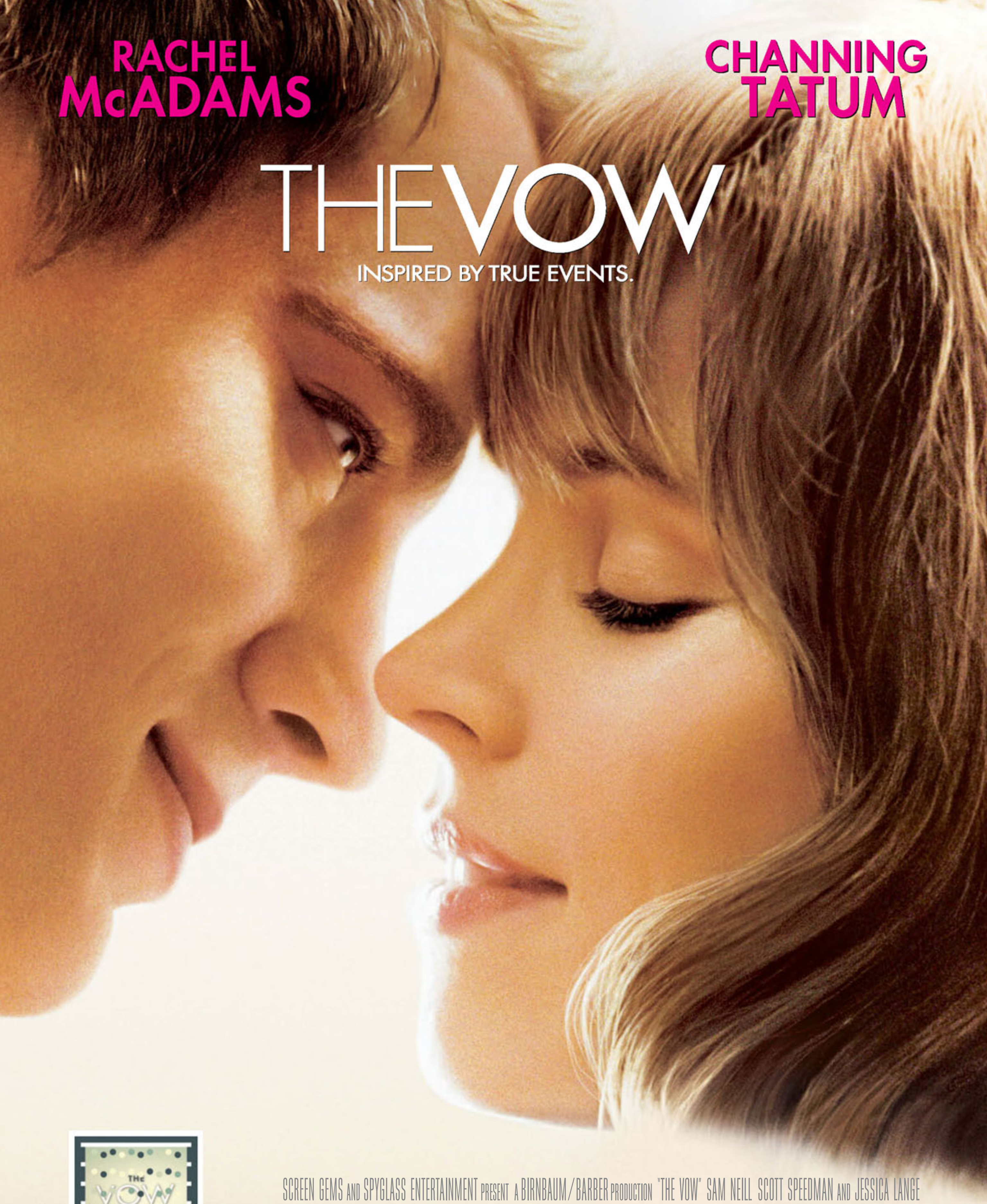
WHO'S THE MAN?

Okay, I get that Scott will never both build me a dream closet *and* want to analyze why the experience makes me so happy afterward. But if I want to create a little change, Duffy says I can ask Scott to do small, easy tasks, like painting a wall or checking my car's oil level, then tell him how sexy he looks doing it to foster more of the same behavior.

But trying to change Scott too drastically, like strongly encouraging him to take a woodworking class to learn how to build stuff, will just make him feel inadequate and chip away at our bond. For the same reason, if he messes up on his manly attempts, Holland says I need to appreciate the effort and never be critical or tell him my dad could have done it better. Or maybe I can let go of this clichéd hope and handle these mannish situations myself. If I learned one thing from the baseboard incident, it's that doing guy stuff is actually pretty damn easy. ■

Glow Images/Getty Images

HAVE A TOPIC FOR KRISTINA TO TAKE ON? SEND IT TO FORKEEPS@HEARST.COM.



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PG-13 PARENTS STRONGLY CAUTIONED
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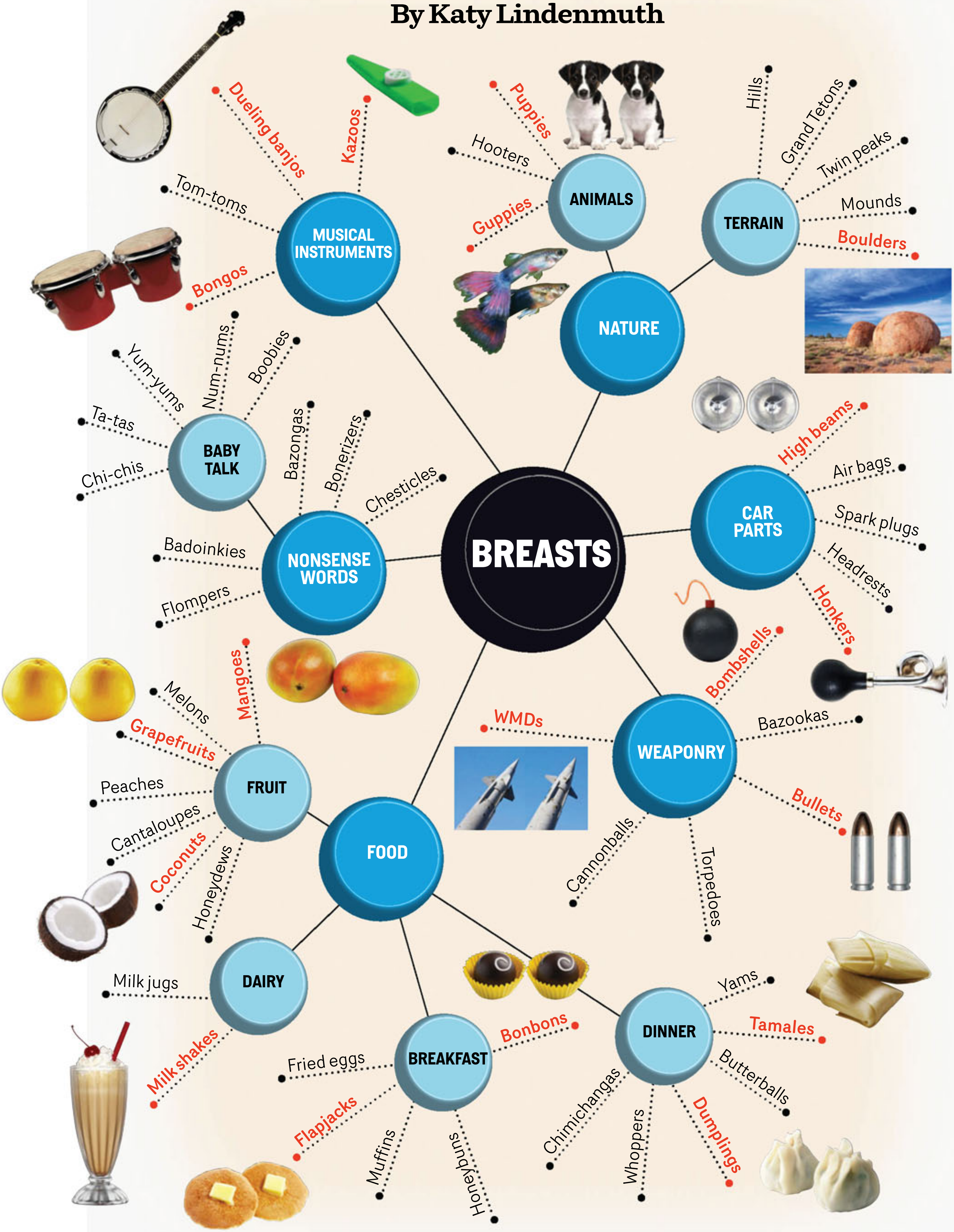
Facebook.com/theVow **FEBRUARY 10**

Names He Calls Your Boobs

Fifty-three of men's faves from delicious to deadly

By Katy Lindenmuth



BREASTS

- **MUSICAL INSTRUMENTS**
  - Dueling banjos
  - Kazoos
  - Tom-toms
  - Bongos
- **NATURE**
  - **ANIMALS**
    - Puppies
    - Hooters
    - Guppies
  - **TERRAIN**
    - Hills
    - Grand Tetons
    - Twin peaks
    - Mounds
    - Boulders
- **CAR PARTS**
  - High beams
  - Air bags
  - Spark plugs
  - Headrests
  - Honkers
- **WEAPONRY**
  - Bombshells
  - WMDs
  - Bazookas
  - Bullets
  - Torpedoes
  - Cannonballs
- **FOOD**
  - **FRUIT**
    - Mangoes
    - Melons
    - Grapefruits
    - Peaches
    - Cantaloupes
    - Coconuts
    - Honeydews
  - **DAIRY**
    - Milk jugs
    - Milkshakes
  - **BREAKFAST**
    - Fried eggs
    - Flapjacks
    - Muffins
    - Honeybuns
    - Bonbons
  - **DINNER**
    - Yams
    - Tamales
    - Butterballs
    - Dumplings
    - Whoppers
    - Chimichangas
- **NONSENSE WORDS**
  - Badoinkies
  - Flompers
  - Bazongas
  - Bonerizers
  - Chesticles
  - **BABY TALK**
    - Yum-yums
    - Num-nums
    - Boobies
    - Ta-tas
    - Chi-chis

See page 214 for photo credits.

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ASK HIM ANYTHING

Advice from our guy guru, Ky Henderson

Rant over. Now, on to the fun stuff.

Q. Whenever I'm in a bad mood, my boyfriend shuts down. How do I get him to understand that I need to vent to him?

A. A man's instinct is to solve a problem, not talk about it. So when you start going on about an issue, he freezes up because he's not sure what to do. Should he give advice, stay silent, go kick someone's ass for you? To get his support, make sure you avoid sounding whiny—almost nothing makes a guy want to run away faster. Then, instead of just saying "My boss was a total bitch to me...," start with something like "I'd love to get your perspective on this work thing." Or if you don't want his input, explain that you just really need him to listen while you talk about your day. Once he knows his role, he will understand his purpose and be more willing to listen.

Q. I recently lost weight, and my breasts shrank two sizes. I wear padded bras and was wondering, what do guys think of them?

A. Truthfully, padded bras can be a little unsettling. When a guy reaches up a girl's shirt expecting to grab a boob and instead gets a handful of foam, it feels like he's making out with a woman made of Nerf. However, guys get over it really quickly—it's just added incentive to remove the bra (not that we need any more incentive!). Most men know that women have a variety of mysterious devices at their disposal to enhance their appearance, and it's truthfully no big deal. We're perfectly happy to pretend that we didn't notice in order to gain access to what's underneath all the technology.

ALEXA MILLER. Associate fashion editor: Jennifer Steele. Hair: Charles McNair for Cloutier Remix. Makeup: Samantha Trinh at Atelier Management for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Stephen Beatrice. (On him) jacket: Edun; shirt: Joe's. (On her) coat: Topshop; scarf: Tommy Hilfiger.

> **“My guy friend kissed me while we were hanging at a bar. What gives?”**

Q. Lately, my boyfriend has been saying he has no sex drive. But the other day, I woke to him masturbating. What’s going on?

A. Assuming there are no major relationship issues between you two, he’s probably just stressed. When dudes are slammed at work or dealing with family drama, they put all their energy into handling those things. When he finally gets home at night, he’s too drained to initiate sex. Instead, he is quickly pleasuring himself to relieve a little tension. If you want some action, you’ll have to make the first move. When you’re in bed together, reach down and start stroking him. It seems simple, but that little touch puts him at ease and takes the pressure off him to start things.

Q. I asked my guy to spank me, and he said no. Does he think I’m a total freak?

A. I’m sure he doesn’t think you’re weird. But to be fair to your guy, asking him to spank you is a little more intense than saying you want a kiss. The request probably took him by surprise—especially if you said it midaction when his brain was foggy with pleasure. That’s likely why he reflexively said no. Now that the mild shock has worn off, he may be intrigued but doesn’t know how to bring it back up. The next time you’re having sex, grab his hand, put it on your ass, and tell him you’ll do anything if he gives you a light smack. If he still hesitates, it’s just not his thing.

Q. My guy friend kissed me when we were hanging out at the bar. When I asked about it later, he said it was just a “friendly gesture.” What gives?

A. He’s lying. The reality is, he’s trying to pretend it didn’t happen so that he can avoid an uncomfortable discussion about what it meant. He might have kissed you because he was hammered and he confused caring about you as a friend with romantic feelings. Or he might be into you. First, decide how *you* feel. If you consider him just a pal, ignore it and move on. If you like him, call him on his BS by saying, “Listen, I really liked that kiss…and I’m guessing you don’t make that kind of ‘friendly gesture’ with your other pals. So what’s the deal?” No matter what he says, at least you won’t have to wonder what’s going on. ■

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Sh*t My Guy Says... About His Ex

Usually it's guiltily enjoyable to get dirt on our predecessors. However, nuggets like these really just kind of scare us.

By Korin Miller

"My date announced, 'We tried a foursome. I got bored.'" —*Katy L.**

"The man had the balls to tell me: 'I'm still in love with my ex. In fact, we're getting back together, but I'd love to keep dating you too.'" —*Ann D.*

"He claimed her breath was bad 'because she was a musician.'" —*Audrey R.*

> "My guy said, 'She grunted like a gorilla in bed.'" —*Rose E.*

"Him: 'She started dressing hot. Clearly, she was cheating.' Huh?" —*Ginny P.*

"My guy told me he got into a fight at a club because a dude knocked over his 'tall, thin, model-like' girlfriend." —*Danielle K.*

"When his exes are pregnant, he says, 'Thank god it's not me!'" —*Liz S.*

"He confessed, 'I was high all the time. She had no idea.'" —*Jillian M.*

Uh, remind us why we complain when dudes don't open up?

"My guy never touched my boobs during sex. He said his ex's ta-tas were so small, he didn't know how to handle anything over a C cup." —*Kate S.*

*SOME NAMES HAVE BEEN CHANGED.

READ HER MIND

Want your guy to be able to read your mind? Our Cosmo for Guys iPad App, available now on iTunes, has the trick.

ALEXA MILLER. Associate fashion editor: Jennifer Steele. Hair: Charles McNair for Cloutier Remix. Makeup: Samantha Trinh at Atelier Management for Dior. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Stephen Beatrice. Sweater: Woolrich; jeans: Neuu. This is a professional model.

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FUN FEARLESS FEMALE OF THE YEAR

Welcome to Your Cosmo Years, Dakota

Now turning 18, Dakota Fanning has a career that's on fire, she's settling into her first apartment, and she's looking for love—all of which make her the chick to watch in 2012.

By Jonah Weiner

Photographs by Matt Jones

Fashion director: Michelle McCool. Hair: Chris McMillan for soloartists.com. Makeup: Kara Yoshimoto Bua for Chanel Beauté at traceymattingly.com. Manicure: Olya Titova for Chanel at Judy Casey Inc. Corset: Vera Wang; bracelet: Deborah Pagani; ring: Mizuki at Fragments. See page 214 for shopping information.

BREAKOUT FILM
I Am Sam
UPCOMING MOVIES
The Motel Life, Now Is Good, The Twilight Saga: Breaking Dawn Part 2, Effie
LEADING MAN WE CAN'T WAIT TO SEE HER WITH
Emile Hirsch, who plays her romantic interest in *The Motel Life*

Ready to start breaking hearts

Style Evolution

Even now, she still goes for girlie.

2001
2003
2005

Dress and bra: Calvin Klein; necklace: Mimi So. (Timeline, from left) Vince Bucci/Getty Images; Jean Paul-Aussenard/WireImage; Gregg DeGuire/WireImage; Frazer Harrison/Getty Images; Steve Granitz/WireImage; Jordan Strauss/WireImage; Dominique Charriau/WireImage; Stephen Lovekin/Getty Images.

On a bright, unseasonably warm morning in New York, Dakota Fanning strides into a SoHo café for breakfast. At 5 feet 4, she's taller than you'd expect...or maybe it's just the 5-inch platform-wedge sandals she's wearing with big black bows on them. Her blonde hair is drawn into a tight ponytail, and as she approaches the table, she goes for a firm handshake—a total pro.

Dakota will turn 18 at the end of February but has always seemed much older than she actually is. Perhaps that's because she was a working actress from such an incredibly young age and has already had more hit movies than most stars rack up in their entire careers. Film critics have called her self-aware and remarkably disciplined. And Tom Cruise, who worked with her in *War of the Worlds*, when she was 11, has described her as a terrific person, enormously talented, and someone with impeccable manners.

That famous poise breaks for a minute when the waitress comes over and announces a special called The Fluffernutter—a smorgasbord of vanilla sponge cake, peanut butter, chocolate mousse, peanut brittle, and marshmallow gelato. Her blue eyes get big and her jaw drops open. Within a second, she has regained her composure and does the responsible thing: "The last time I was here you had an egg-white omelet with spinach on the menu?" It's not available anymore, so she goes for a happy medium—pancakes with syrup and butter on the side.

Once the food arrives, we ask Dakota about her superhuman aura. "Since I was young, I've always known who I was," she says. "I never really had to go through finding who I am. I've always felt really secure." She obviously has it all together and is in no danger of becoming one of those child-actor-self-destructs stories. But that doesn't mean she's a straitlaced nerd. She was a cheerleader in high school, she says, and the homecoming queen. Now that she lives in New York City, she's taking walks to explore different neighborhoods and trying trendy restaurants with friends. It's that combo of fearless confidence and fun-loving attitude that has made her one of the most likable young starlets in Hollywood.

> **"Since I was young, I've always known who I was."**

THE SECRETS TO HER GUTSY ATTITUDE

Dakota's first performance was at the age of 4 in a community-theater show in her hometown of Conyers, Georgia. "I was prepared and didn't get nervous—the director thought my mom should let me do commercials," she says. When Dakota was 6, the Fannings moved to Los Angeles so she could start auditioning for TV and movies. Soon after, she was cast in the acclaimed movie *I Am Sam* with Sean Penn. Since then, she's made multiple films a year, starring in everything from huge blockbusters to gritty indie flicks. In every single one, her skills have won her acclaim.

She swears that being from a family full of athletes is what has made her so damn good. Her dad was a minor-league baseball player from the late '80s through the early '90s; her mom went to college on a tennis scholarship; and her maternal grandfather, Rick Arrington, quarterbacked for the Philadelphia Eagles in the early 1970s. "I have a very athletic upbringing, and I've been taught to think of things in that way," Dakota says. Her sports-inspired motto: "You have to work really hard for something if you want it."

Take, for example, her role as Cherie Currie in 2010's *The Runaways*. It's arguably the most difficult challenge she's had to date. Good girl Dakota plays the sexy, drug-addicted lead singer who writhes around onstage in

2007

2008

2009

2010

2011

Two years ago, this would have been cute. Now it's hot.

> **"There's something exciting about the idea of going to a city and meeting a guy."**

thigh-high stockings and makes out with Joan Jett (played by Kristen Stewart). She was 15 at the time and never once let herself become overwhelmed by the material.

Stewart, who became Dakota's friend during filming, says that Dakota's determination was obvious. "We had a few scenes that were crazy intimidating," Stewart says, "and maybe once or twice, she was like 'Okay, I have a butterfly in my stomach.' Meanwhile, I'm hyperventilating! Sometimes I give her shit for being so on the ball."

Dakota's ability to shut out scrutiny has helped her stay focused. "I have thick skin," Dakota says. "Sure, sometimes you can only take so much and it's just like 'Ahhhh!' but I don't have those moments very often." She swears she's never had a breakdown. "If I did," she says, "I'd be like 'Pull it together, Dakota!'"

Elle Fanning believes there's one other quality that allows her older sister to shine onscreen. "She's observant. She'll be out at a restaurant, and you see her looking around at all the people. When you come home, she'll be able to tell you what everyone was wearing, and she'll probably be able to imitate perfectly the person she was sitting next to. She has this ability to pick up on all these details, so when she's reading a script, she can really create a character."

This year, you'll see Dakota depict still more ballsy, unique women. She'll star as a cancer patient who wants to lose her virginity in *Now Is Good*. Then she'll play the title character in *Effie*, a period piece about an adulterous wife. And of course, she'll wrap up her role as Jane, the creepy vampire, in part two of *The Twilight Saga: Breaking Dawn*.

DREAMING ABOUT FINDING THE ONE

Dakota may be a bona fide star, but she hasn't gotten wrapped up in the Hollywood lifestyle. Throughout her career, she's made it a point to maintain a normal life. She went to a regular high school and has many noncelebrity friends. And now, in between roles, she's doing what so many 18-year-olds are doing… going to college.

This past fall, she began her freshman year at New York University's school of individualized study, where she plans to focus on psychology in some way. In between classes and filming movies, she's having a blast decorating her first apartment. And while she may be wise beyond her years professionally, when it comes to decor, she's straight-up girlie. She says her two-bedroom apartment contains not just a Hello Kitty minifridge but also a Hello Kitty ice tray to match. ("I will never not love Hello Kitty!") She has pink kitchen utensils, pink-and-white bedsheets, and a Paul Smith "embroidered thing" on the wall that says the word *love*.

Besides her new pad and taking classes, the other reason Dakota is psyched about college is the access it gives her to new guys. "There's something exciting about the idea of going to a city and meeting a guy. I've had really only one boyfriend—just someone I went to school with," she reveals. "It's strange when you meet people who are like 'I met my husband in college.' It's weird to think about, like, 'Is *that* guy my husband?'"

Going back to that mysterious high school boyfriend, she says she doesn't think she's ever been in love. She will admit that she fantasizes "about meeting someone in a coffee shop, and you drop something and they pick it up, you know?" She adds, more soberly, "I never have enough time for anything like that."

Case in point: In a few days, she'll leave New York for London, where she'll begin filming that period piece. As she stands to leave, she tells us she plans on grabbing dinner with a friend tonight, so she can enjoy what little free time she has before going back to work. ■

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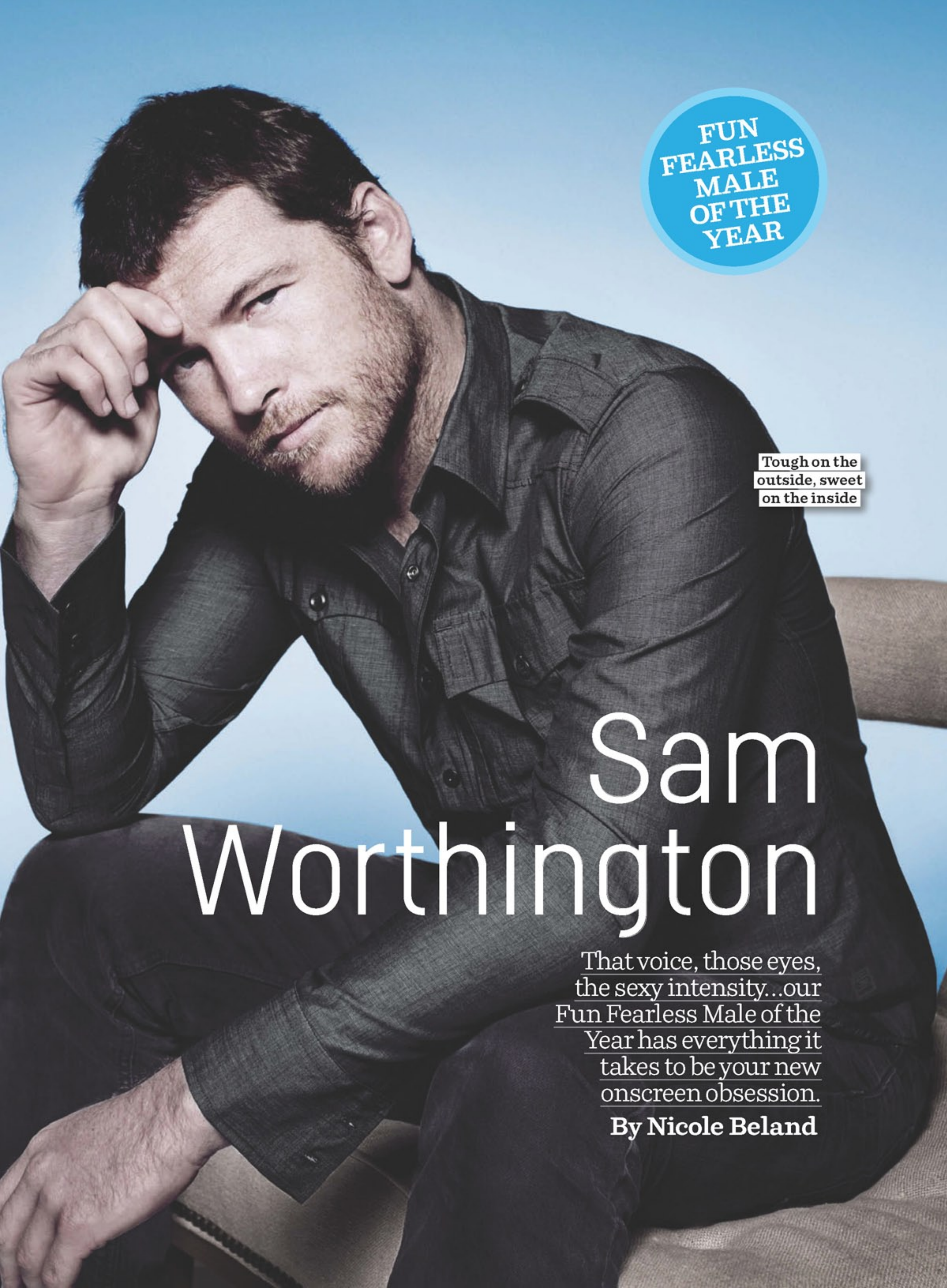


FUN FEARLESS MALE OF THE YEAR

Tough on the outside, sweet on the inside

Sam Worthington

That voice, those eyes, the sexy intensity…our Fun Fearless Male of the Year has everything it takes to be your new onscreen obsession.

By Nicole Beland

Just as Russell Crowe and Brad Pitt are getting a little too old to fulfill our hottie-action-hero fantasies, along comes 35-year-old Sam Worthington, with his soulful eyes and the kind of deep, raspy voice that hits you right in the back of the knees. Our crush kicked in when the Aussie actor played a soldier with a heart of gold in *Avatar* and gained momentum as he showed off more skin and grit in *Clash of the Titans*. By the time he portrayed a Nazi-hunting secret agent in *The Debt* this past August, we were sold on him as our Fun Fearless Male of the Year. This month, we're psyched to see this A-list leading man in the thriller/heist flick *Man on a Ledge*, and he'll soon be donning that thigh-baring tunic again for *Wrath of the Titans*.

Sam claims he's not like the lovable badasses he plays in movies, but after this convo, we're, uh, pretty sure he is.

So many actors become famous at a young age—has entering the spotlight when you're a little older helped you deal with the craziness?

If I was in my 20s and all this had happened, I probably would have turned into an absolute jerk. But since I'm 35...I think that kind of grounds you a bit more.

Why is it that guys in their 20s are often such a mess?

Well, you think you know who you are in your 20s. When I was in my 20s, I thought I knew who I was. And then as soon as I turned 30, I realized that person has bruises and bumps and dark parts. And you kind of go, well, that's it. I'd rather embrace it than force myself to change. And by embracing those parts of you, you can actually work on them more. You don't act as if you know it all.

Is the glitz of Hollywood hard on your love life?

It can be, yeah. I love my job; I love the world that it is. But I don't want someone who is just in love with that world. I want to be with someone who is in love with me, warts and all. And even though I've got my faults—I wake up late or my socks stink—that's the thing that they're in love with.

Do your socks really stink?

Yeah, badly. The dog loves it, but everyone else hates it!

Are there any specific qualities you look for in a woman?

My job makes my emotions go up and down quite a bit, and as I said, you try to keep yourself grounded. So if someone has the ability to just kind of take my hand and say, you know, it's okay. The world's not ending. If I'm with someone and they can help me work through that, then that's the best person because they're seeing you for who you are, which is quite vulnerable.

Sam as demigod Perseus in *Wrath of the Titans*.

So you're high-maintenance?

Yeah, I think most actors can be pains in the ass! You spend five months filming in outer space and saving the world, and suddenly that kind of family unit and story disappears and you come crashing back down to Earth and you have to do your own washing...and most actors are insecure that the last job they did will be their last job ever. I was told in my 20s that it gets easier. It certainly doesn't.

What do you do between roles?

Cook eggs with my girl, sleep in, go for walks, watch crap TV like *America's Next Top Model*, that kind of stuff—just be normal.

Is it key for your girlfriend to share your taste in pop culture?

I think it can help. The most important thing to have in common is that you can do nothing and enjoy each other's company. I like to play board games a lot with my girl, things like that. We attempt to cook. And even if it goes wrong, it doesn't matter because it's the time you spend doing it that's important.

What kind of board games?

We play Sorry! Yeah, I like that one.

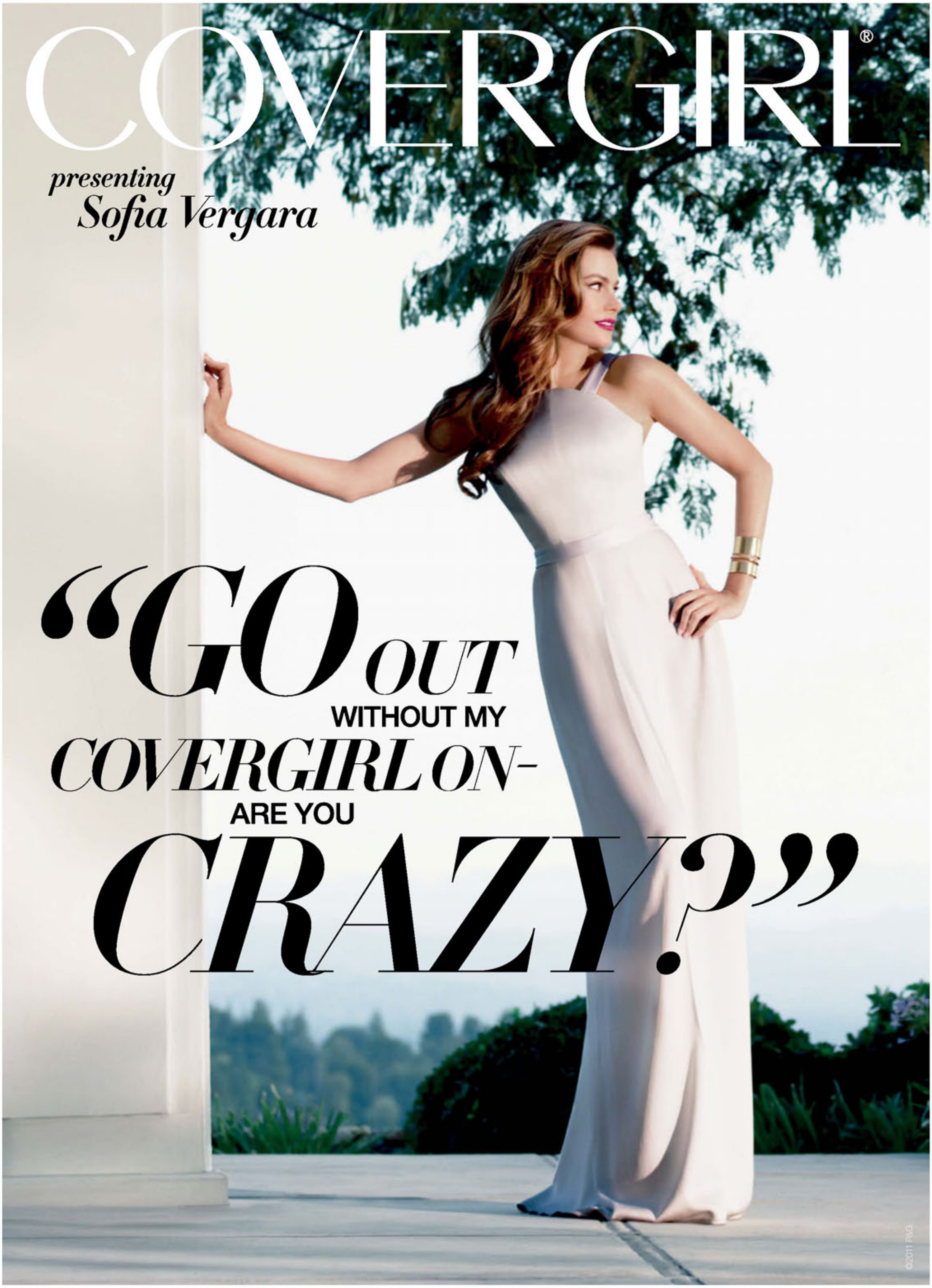
It's hard to picture you playing Sorry! after watching you kill enemies in a *Call of Duty* commercial.

Well, that's the thing. You do the *Call of Duty* ad so you can look cool! In the movies, they make you look good and tough, but in real life, it's completely the opposite. I do these über roles, I think, because in real life I'm quite shy and reserved. In real life, I'm a dork.

What confuses you about women?

That we are polar opposites but can still click, can still be best friends. I like that confusion. If it were always simple, it would be boring.

CPi Syndication. (*Wrath of the Titans*) Jay Maidment/© 2011 Warner Bros. Entertainment and Legendary Pictures.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Peter Yang/August

PAUL RUDD

Nice guy Paul Rudd has it all—he's funny and so freaking cute. The 42-year-old is already taken, but we can still cozy up to one of his movies, like the hilarious *I Love You, Man* and *Our Idiot Brother*. And thankfully for his fans (is there anyone who doesn't love this guy?), he has more due out in 2012. This month, he costars with Jennifer Aniston in *Wanderlust*, a comedy about a couple who end up on a hippie commune. Next, he's the leading man in Judd Apatow's *This Is 40*. We can't wait.

Describe the most fearless thing you've done. I went river rafting down a rapid called The Gauntlet. It was incredibly dangerous. Now I realize it was just bone stupid. Is that an expression? It should be.

Can you share the best advice you've been given? Write thank-you notes. It's a nice thing to do. E-mail doesn't count.

What's the one thing a guy should never say to a woman? "Those jeans make you look fatter."

—KORIN MILLER

FUN FEARLESS AWARDS 2012

ZOË SALDANA

In 2009, Zoë Saldana earned A-list status after wowing us as a blue-skinned babe in *Avatar*. Last year, in *Colombiana,* she played an equally badass assassin. Next, she'll show off her acting skills in two more films. You'll see her reprise her role as Nyota in the second *Star Trek* flick and appear alongside Bradley Cooper in the thriller *The Words*. If you talk to the 33-year-old for a few minutes, it's obvious she's as smart and edgy in real life as onscreen.

What's the most fearless thing you've done?
Leaving people behind who weren't good for me

Did you learn any cool self-defense skills from *Colombiana?*
It could be the New Yorker in me, but I never sit with my back toward an exit.

When you're relaxing at home, what do you wear?
Nothing. I like to wear as little as possible.

What's a dating deal breaker for you?
I don't like douche bags. –K.M.

© Williams + Hirakawa/Corbis Outline

JONAH HILL

Few men have made us laugh harder than 28-year-old Jonah Hill in *Superbad* and *Get Him to the Greek*. And these days, his dramatic turn alongside megastar Brad Pitt in the sports flick *Moneyball* is earning him Oscar buzz. He's also ruling the big and small screens with meaty roles in the movie *21 Jump Street*, for which he cowrote the script as well as produced, and the hilarious animated TV show *Allen Gregory*—yeah, he cocreated and coproduced that one, too, *and* lends his voice to the title character. While scoring all this success, he somehow managed to drop about 40 pounds. Um...wow.

You lost a ton of weight recently....
I feel healthy and strong. Last weekend, I went with Ben Stiller to a crazy kickboxing class, and I was kicking ass. I just really enjoy being in good shape.

What would you never leave home without?
Bottled water. It's some weird fear about being stranded in the desert. That's probably not sexy. But don't all girls want to be with a well-hydrated guy?

Describe the most fearless thing you've done.
Dehydration fear aside, I'm pretty fearless. I mean, I used to drive a Vespa. One time, I drove it on the freeway. It was pretty scary. —K.M.

ROSE BYRNE

The Australian starlet's role as a lawyer on *Damages* put her on everyone's radar. But lately, the 32-year-old has proven to have a knack for comedy. She played a naughty sexpot in *Get Him to the Greek*, and this year, she turned in a sidesplitting performance in *Bridesmaids*. Our wish for her next film? We want to see her kick ass like she did in *X-Men: First Class*.

Describe the most fearless thing you've done.
Taking the role of Jackie in *Get Him to the Greek*. It was such a sexually provocative, confident role. It was out of my comfort zone but very liberating.

Are you able to balance your work and social life?
To be honest, I'm still finding that balance. I have a tendency to swamp myself with work.

What's on your big life to-do list?
The Trans-Siberian Railway. It's two weeks from Russia to China. I'd also love to drive across the U.S.

Is there a quality all men you date have to have?
Humor is the number one thing.

What do you put on to feel amazing?
I have these leather shorts. They really jazz me up.

—BETHANY HEITMAN

(Hill) Williams + Hirakawa/FOX. (Byrne) © Ben Watts/Corbis Outline.

Andrew Southam

BLAKE SHELTON

Our fantasy: Every night, Blake sings us to sleep in the nude after making us laugh all day long—the 35-year-old country star's hilarious banter on NBC's *The Voice* never fails to floor us. Oh, and his music? His latest album, *Red River Blue*, earned him three Grammy nominations, and he won Male Vocalist of the Year at the CMA Awards. He's now on tour, filling stadiums all over the U.S.

What's the one thing that thrills you most?
That moment when you first walk onto a stage and people are excited—it's the best. They're not half as excited as I am.

Tell us one thing you love about your wife, country star Miranda Lambert.
Miranda isn't afraid to try to cook anything. Sometimes, well, rarely, it'll suck. And when it sucks, it sucks bad. One time, she wanted to bake some catfish. Whoa, it was bad. We ended up going out for pizza.

What attracts you to a woman?
Boobs. Ha, no. Really, a woman who is not insecure gets me. I understand it's gotta be tough to be a girl. But a woman who doesn't give a crap if I notice her? That drives me crazy. That's something Miranda has. —B.H.

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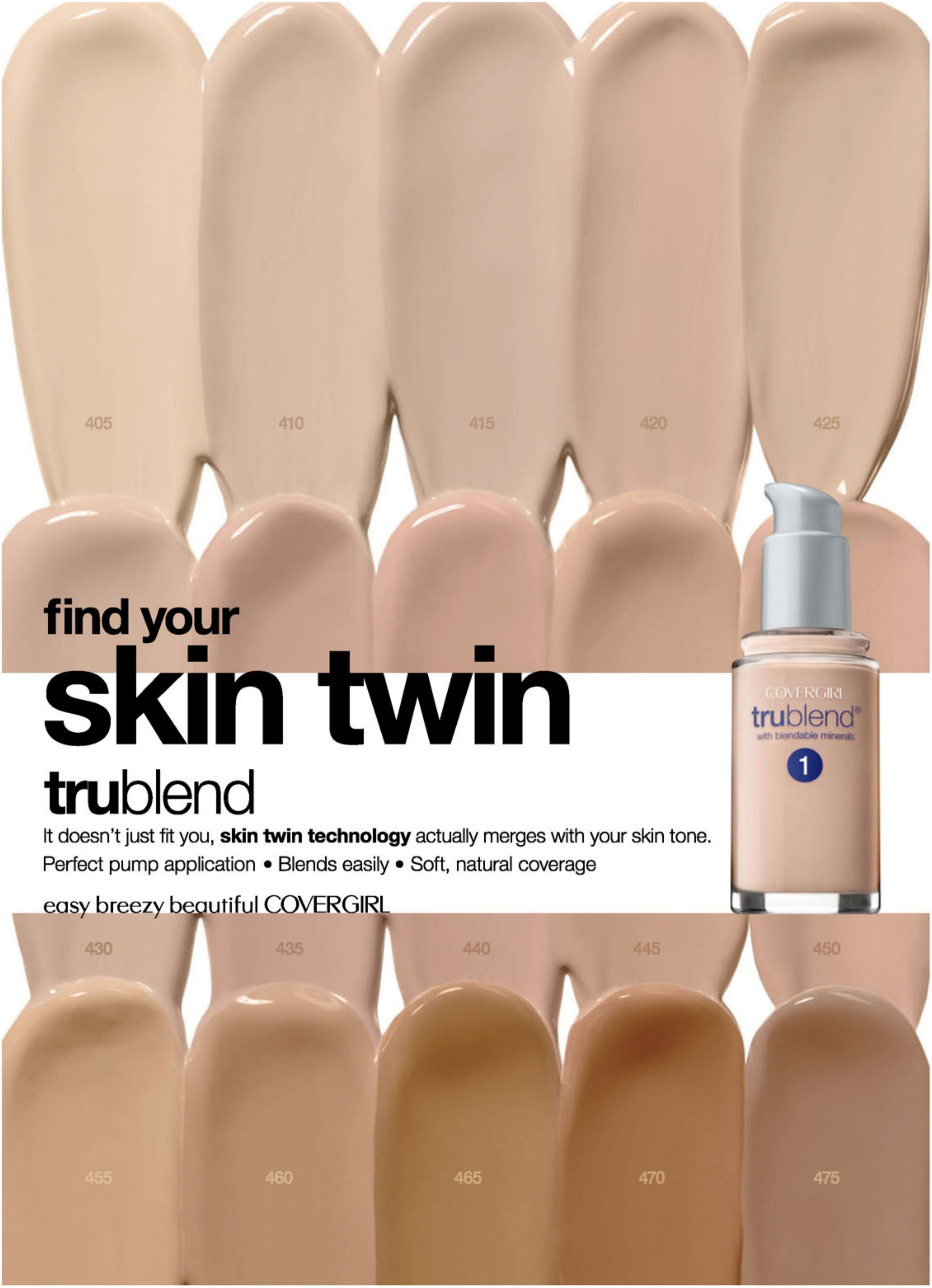
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FREIDA PINTO

Freida Pinto, 27, is the kind of celeb who you and your guy can agree is mega crushworthy. She's gorgeous, down-to-earth, and, just as important, stars in films you're both psyched to see. First, there was the romantic Oscar-winning *Slumdog Millionaire*. And last year, she scored roles in the superfun yet emotionally moving *Rise of the Planet of the Apes* and the bloody yet romantic Greek-god smackdown *Immortals*. Translation: Freida's on her way to major movie-star status.

What's on your big life to-do list?
I'd like to jump out of a plane. I have a fear of heights I'd like to face. Actually, I should learn to swim first.

Is there a quality in a man that screams sexy to you?
Being a good listener—even if he's just faking it

Has being in love taught you anything important about yourself?
That I can be a difficult person. I realized I can be tantrum-y. I definitely need to date someone who is calm.

Is it okay to keep some things from your SO?
Yes. There are things you should just discuss with your girlfriends. It's important to have that or you'll lose your identity. —K.M.

Cliff Watts/Icon International

JESSE WILLIAMS

Jesse's ability to nail the secretly sweet bad-boy thing (not to mention those eyes and abs) keeps *Grey's Anatomy* viewers coming back for more. This April, the 30-year-old will get our hearts racing even faster in the horror flick *The Cabin in the Woods*. As if good looks and a killer career weren't enough, he is crazy smart and loves women who challenge him. Swoon.

What does your ideal Saturday night consist of?
I love going to galleries. I also love to eat. I spent the last three days at a food-and-wine festival eating barbecue and tasting wines from all over.

Anything on your big life to-do list?
Yes. I want to get a law degree.

Are there specific qualities you look for in a GF?
I've been in a committed relationship for a long time. It was very important to me to be with a woman who is better than me at some things. You want someone who brings new, interesting things into your life.

Is there a secret to staying happy?
You have to be up-front from the very beginning about what your expectations of the other person are, and you can't make any promises you don't intend to keep.

What's the sexiest thing a girl could say to you?
If she said I was 'so manly,' I'd be floating for a week. –B.H.

(Williams) Gomillion and Leupold. (Hale) © John Russo/Corbis Outline.

LUCY HALE

On ABC Family's *Pretty Little Liars*, Lucy Hale plays Aria, the creative chick who doesn't give a crap what people think, and she's become the show's breakout star. We were happy to discover that the 22-year-old actress is just as self-confident as her onscreen persona. This high-energy brunette believes in going with her gut and that any dude who plays games isn't worth the time of day. All of that is what makes her one of TV's hottest stars.

What drew you to *Pretty Little Liars*?
I loved the name of the show. I also trusted my gut. I just knew this would be a hit.

Describe the most fearless thing you've done.
Moving to Los Angeles to be an actress. My mom and I packed the car and just went for it.

What puzzles you most about men?
I'm not a game player. I don't understand that. Life is too short. You should be honest about how you feel.

Any dating deal breakers?
Smoking. Ugh. I can't deal with it. –B.H.

HILLARY SCOTT

Hillary Scott, the co–lead singer of Lady Antebellum, has had a hell of a year. First, she and her bandmates won five Grammys for their second album, *Need You Now*. Then they released a third record, *Own the Night*, which went platinum within four weeks. And this past November, they won Vocal Group of the Year at the CMA Awards. Not surprisingly, they were nominated for yet another Grammy this year and are currently on a major nationwide tour. Another huge reason Hillary is flying high: Her incredibly cute boyfriend popped the question.

If you weren't a singer, what would you do?
I would be a special-education teacher. Outside of Lady Antebellum, that's where my passion lies.

How did you know your fiancé was The One?
It was when I met his family. His brother is 10 years younger, and when I saw them together, I knew he'd be a great father. I just melted.

Being in a group with two guys must teach you a lot about men. What's surprised you most?
Guys can brawl about something and then just move on. Women don't do that. I've learned that I have to just say "What are you yelling about?" —B.H.

ADRIAN PETERSON

Minnesota Vikings running back Adrian Peterson, 26, is one of the most talented players in the NFL. In his first season back in 2007, he was named Offensive Rookie of the Year. Now, he holds the fourth-highest rank for average rushing yards per game in NFL history. But Adrian's appeal goes way beyond his stats. His bod may be rock hard, but he's a big softy when it comes to kids. He started a charity called Adrian Peterson's All Day Foundation, which supports non-profits like the Boys & Girls Clubs of America. *Awww.*

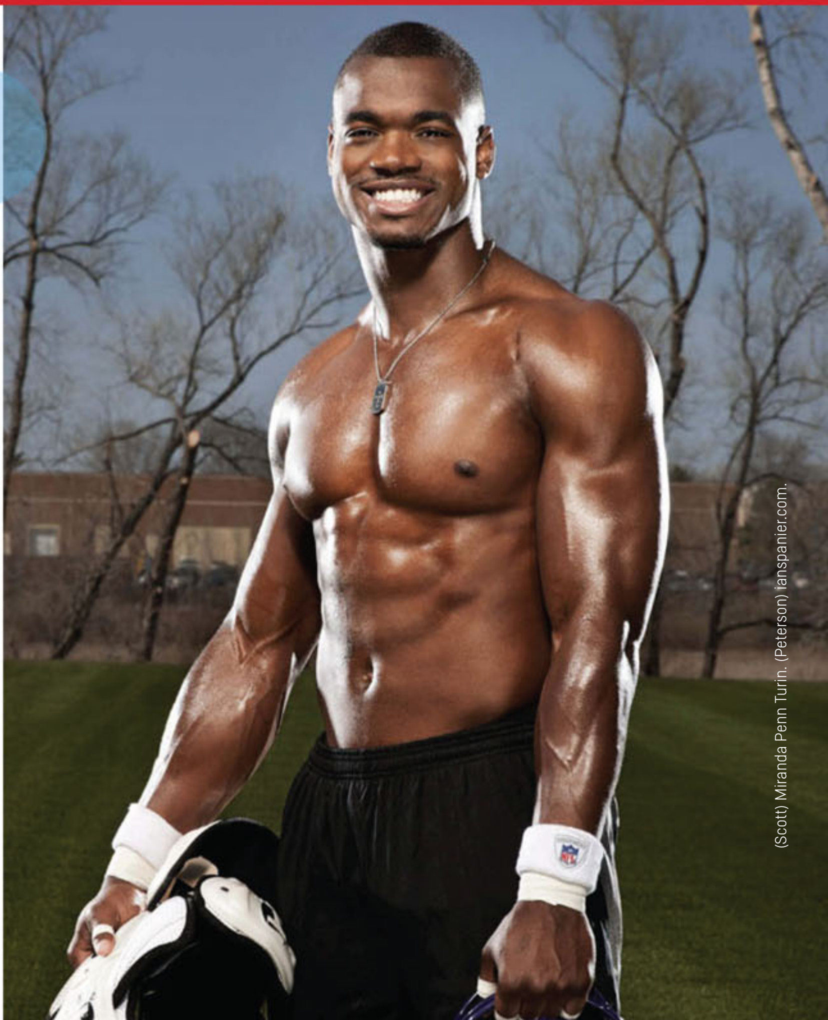
Describe the most fearless thing you've done.
I jumped off a 50-foot cliff into a lake. From the boat, it didn't look high, but once I got up there, it was scary.

What do you look for in a girlfriend?
The small things, like texting to say she's thinking of me. I like that since I'm always traveling for work.

Is there something sexy a woman can wear to really turn you on?
I like to see a woman in her work clothes. It's hot to see her look smart, sexy, and sophisticated.

What's better: a touchdown or sex?
Sex, hands down.

—MINA AZODI



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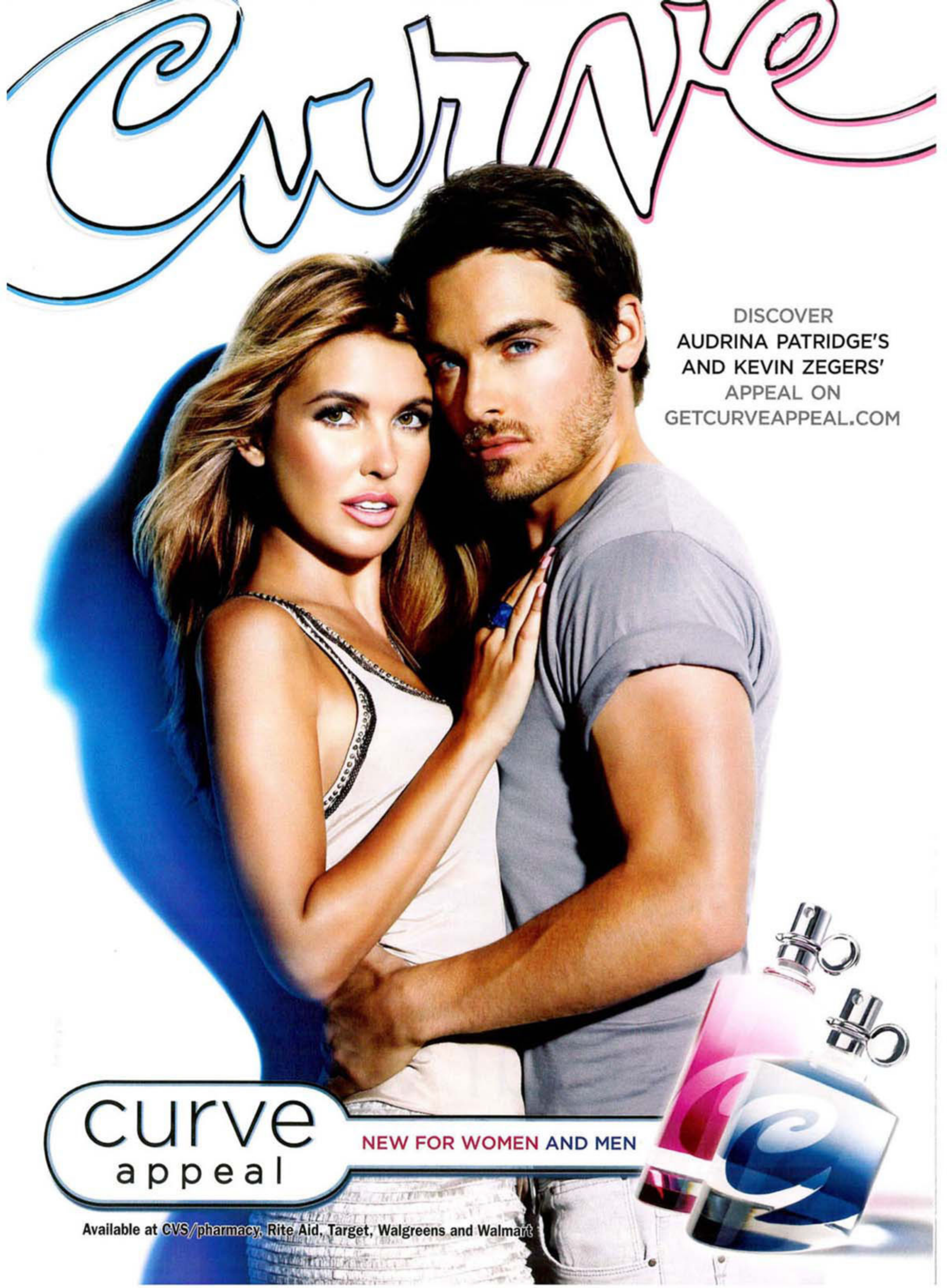

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LIAM HEMSWORTH

Liam Hemsworth has an amazing year ahead of him. The 22-year-old Aussie will star in the thriller *The Expendables 2*, alongside action bigwigs Bruce Willis and Sylvester Stallone, and in the indie drama *AWOL*. And then there's that little movie called *The Hunger Games*, in which he plays the brooding good guy Gale Hawthorne. The flick, based on Suzanne Collins's best-selling book, comes out next month, and industry insiders are predicting it will rake in major bucks. *Hunger Games* fans are calling it the next *Twilight Saga*, which would make Liam the next R-Patz. Yeah, we think he's up for the challenge.

You dyed your light hair dark brown for *The Hunger Games*. What did you think of the experience?
I didn't like it. I'd never colored my hair before, and it definitely gave me sympathy for what women go through.

Your girlfriend, Miley Cyrus, works a lot too. Any tips for making a long-distance romance work?
Skype! A little bit every day. For those long stretches apart, just to see her face makes it so much easier.

What does your ideal guys' night consist of?
Playing Xbox all night and watching *Family Guy*.

Who do you have a man crush on?
I don't think there's a man in the world who doesn't have a crush on George Clooney. He's just too cool. —K.M.

Chris Colls/The Artist Group

25 Girlie Things You Should Start Doing Again

"Uh, anyone out here? Anyone? My butt's frozen to the ground."

Sure, it's nice to be a grown-up. But experts say it pays to reclaim some of the qualities you had back when you didn't care what playing in the snow did to your blowout.

By Anna Davies

WHICH GIRLIE HABIT DO YOU MISS THE MOST?
Tweet your answer to @CosmoOnline with the hash tag #IWishINeverStopped and you could be featured on our website.

Unless you're Kate Middleton, you gave up fantasizing about being a princess right around the time you dumped your Barbie Dream House. But playing pretend—or doing any of the stuff you loved when your toy chest was still G-rated—is a proven way to chill and enjoy life. Here's how to let your inner kid free.

1. Eat the last cupcake. Your 8-year-old self was fine with being a little bit selfish when the situation warranted it. (And she never passed up frosting.)

2. Write a fan letter. Spelling out how much you idolize someone—loopy script and heart-dotted i's optional—is a cool way to connect. It doesn't have to be to a celeb—it means a whole lot more if it's to a former teacher or favorite coworker.

3. Sleep over at your best friend's house. Sometimes, friendship takes priority over sleeping in your own bed. (Sometimes, it even takes priority over your husband.)

4. Give a Ke$ha-quality karaoke performance. As a kid, you owned the floor when it came to showing off. Fast-forward two decades, get yourself up in front of your friends, and grab the mic.

5. Ask a lot of questions. Raise your hand in a lecture or meeting. Your fifth-grade teacher always said the only dumb question is one that isn't asked. She's right, you know.

6. Swing. Hop onto one of the fun pump-your-legs kind at a playground and see how high you can go. (Bonus: It's also a serious leg workout.)

FYI
If you swing for an hour, you can burn 200 calories.

7. Wear fruity-flavored lip glosses. They're still yum and now a perfect complement to whatever lipstick color you have underneath.

8. Perfect your cartwheel technique. A flawless execution never fails to impress anyone...and now that you are older and realize how amazing it is that your bod can do that, it can impress the hell out of *you* too.

9. Ride a bike with your guy. In the seventh grade, this was considered dating. Now, it's a retro-fun way to bond with him sans booze.

10. Perform experiments. What happens if you "like" a crush's Facebook status? Can you turn your tee shirt into a stylish tank?

11. Imagine what you want to be when you grow up. Dreaming you'd be an actress/rock star/princess inspired you then. There's no reason it can't inspire you now.

12. Have a ridiculous celeb crush. It's fun to fantasize...and now that you're a grown-up, hey, there's a one-in-a-million chance you could actually snag that hot thing.

13. Play in the snow. You didn't used to care what got wet and turned red. And now that outdoorsy glow screams sexy.

14. Take a nap. Back then, you listened to your mom. Now, you listen to your body. Girls get tired. No shame in a midday lie-down.

15. Eat around the peas/carrots/brussels sprouts/whatever's on your do-not-like list. If you hate them, why torture yourself?

16. Say "I love you" to your parents.

17. Enter a contest. When you were a kid, you'd have races on the playground that would push you to do your best. Get that same adrenaline rush by entering a local run, a baking contest, an upload-the-best-YouTube-vid competition....

18. Laugh till you snort soda out your nose. When something's hilarious, who cares if the people at the next table give you dirty looks?

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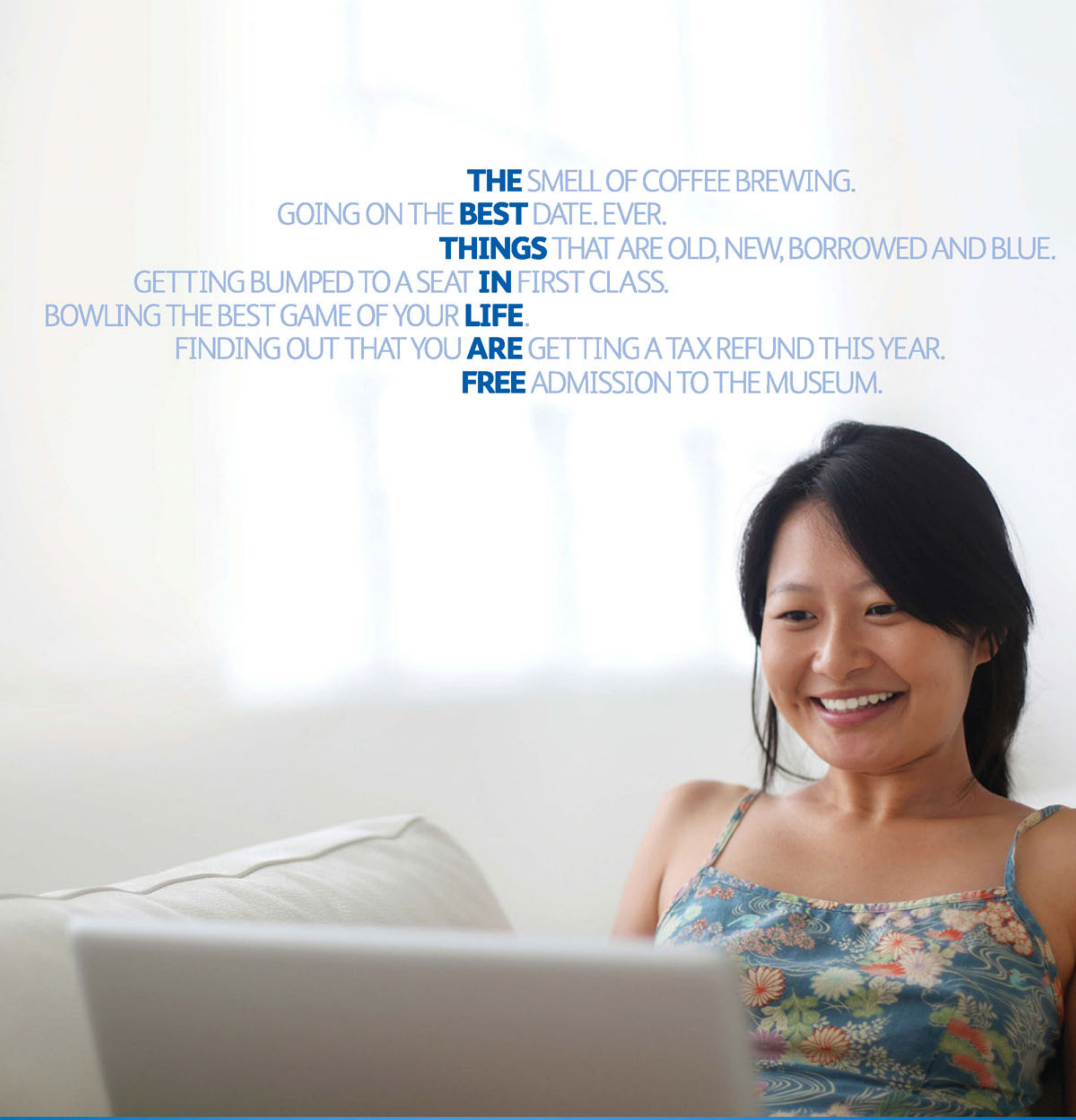
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You, You, You

19. Camp out on your living-room floor. Lots of blankets, snacks, a good movie...that was a rockin' Friday night in middle school. And it sounds pretty good to us now.

20. Invent a secret language. You and your second-grade BFFs might have communicated in pig latin. Now, using code words (like HSA for hottie straight ahead) is an easy and effective way to spread a message slyly.

21. Buy a necklace for you and your best friend. Since you have some cash now, it doesn't have to be half a heart that turns your skin green. But giving her a piece of jewelry is a fun way to remember how important you are to each other.

22. Ask people their favorite color. Remember how you always felt psyched when someone also loved purple? Still a totally acceptable way to suss out whether you have stuff in common.

23. Brag. You let everyone you could think of know when you won the 8-and-under gymnastics meet. So if you get a rad review from your boss or build yourself a coffee table, tell the world...or at least your close crew.

24. Don't look in the mirror in the morning. Did you scrutinize yourself when you were 6? Didn't think so.

25. Be amazed—instead of annoyed—by your body quirks. ■

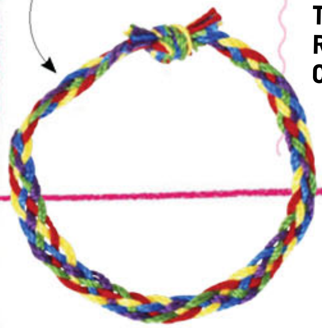
9 Things That Access Your Inner Girl

Add these to your goody drawer...
(not that one!)

GLITTER PENS

BAND-AIDS WITH LITTLE CHARACTERS ON THEM

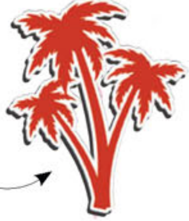
A HOMEMADE FRIENDSHIP BRACELET



CUTOUTS OF CUTE CELEBS

GUMMY VITAMINS

STICKERS (USE THEM TO SEAL THE ENVELOPE TO YOUR RENT CHECK)



A TIARA

TWISTER

A BULLETIN BOARD OF PICTURES OF YOUR FRIENDS IN RIDICULOUS POSES

(Pens and bracelets) Dorling Kindersley/Getty Images. (Sticker) Kirsty Pargeter/Alamy. (Tiara) PhotoDisc/Getty Images.

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Free Ask a Tax Expert service available through April 1st, 2012.

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“I Totally Screwed Myself on Facebook”

You know posting pics of yourself trashed could hurt you professionally. But way more innocent updates can get you busted too. Check out these horror stories.

By Bethany Heitman

VEGAS OR BUST(ED)

“My friends planned a last-minute trip to Las Vegas, and I really wanted to go. The only problem was that I didn’t have any more vacation days. Not wanting to miss out, I called in sick on Friday so that I could fly Thursday night. I knew better than to post while away, but one friend snapped a photo of me at the pool, uploaded it to Facebook, and tagged me. Someone at work saw it and told my boss. I got majorly reprimanded on Monday.” *—Jennifer P.*

BLOG FLOGGING

“I work in finance, but in my free time, I write a blog. I never wrote posts while on the clock, but I would take a few seconds to moderate comments, so I always had my blog up on my desktop. A few weeks ago, I got a call from HR. Our tech department had been tracking what we do on our computers and reported that I’m on my blog all day, every day. I tried to explain that I’m not actually working on it...but it still looked bad. I now have an official warning in my file.” *—Ann B.*

THE LYING GAME

“Before I left to go on vacation, my boss asked that I keep my phone on me because he was working on a project and might need to ask me something. I said I’d be available but knew there was no way I’d answer. He called at least 10 times, and I never picked up. When I got back, he asked me why I hadn’t answered, so I lied and said my phone had been stolen. He looked at me for a long time and then said, ‘That’s funny, because according to your Twitter account, you’ve been updating all week via your mobile device.’” *—Megan W.*

BAD TEACHER

“I live far away from most of my family, so I have a blog where I post photos so they can stay updated on my life. Recently, I took a vacation, and I uploaded a ton of pics of me in my bikini on the beach. Well, I’m a teacher, and on my lunch break, I had pulled up the post on my work computer. Suddenly realizing the time, I rushed away from my desk when the bell rang and students came in. A few days later, I got a call from a parent. Apparently, one of my third-graders told his mom he had seen me almost naked. I was able to explain, but it definitely put me on the principal’s shit list.” *—Amy S.*

FIRED FOR FREEBIES

“I’m a waitress, and one of the cool things about my job is that I can sometimes slip my friends extra food. It never seemed like a big deal because food goes to waste all the time in restaurants, like when the chef makes the wrong order or a customer changes her mind. Turns out, I was wrong. A few pals came in a month ago, and I gave them fries and didn’t charge them. One of them later posted on my wall that the ‘free fries were banging.’ I didn’t even think about it, but my manager saw it and flipped. I was let go immediately. Now I block everyone from seeing my profile unless they are a very close friend.” *—Sarah F.*

TRASH TWEETING

“I have a ton of followers on Twitter and never thought to keep track of who they were. I figured since I never post anything too personal, it didn’t matter who reads what I write. One day, I tweeted about this clothing store that I hated. I went off about the bitchy owner. The next day, I noticed my boss was acting really cold. Later, his assistant told me he had seen my tweets and was upset because his sister owns the shop. He never called me out about it, but he has been weird toward me ever since.” *—Desiree R.*

Oops
Career experts say don’t “friend” any coworkers.

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Sarah Sibia for Tigi at See Management. Makeup: Natasha Smee at The Wall Group. Manicure: Liang at Atelier Management using Dior Vernis. Prop stylist: Robert Sumrell for Atelier Management. (In front of bar, from left) sweater: Woolrich; shirt: Steven Alan; dress: Keepsake; sweater: Woolrich; shirt: Plain Jane Homme. (On her on top of bar) dress: Doo.Ri; earrings: Smith by Zoe Chicco Jewelry; bracelet: Swarovski.

When she calls in sick tomorrow, her boss will know why....

ecials
French
nion
Penne Pesto
illed Chicken
Mix Greens

The Most Important Career Move to Master

The word *networking* reminds us of dorky name tags and sweaty handshakes. But Mika Brzezinski, cohost of *Morning Joe* and Cosmo columnist, says you sabotage yourself if you don't do it. Steal her tips.

Mika makes a contact everywhere she goes.

1 Decide you're going to be ballsy as hell.

When you start out, you don't have a network and you're never going to get one unless you ask for it. I think back to one of our first live shows on location for *Morning Joe*. We were covering the 2008 election from a Des Moines coffee shop. I was on air for five hours straight, and it was chaos. And you know who I remember? A college student who came to the show. She cornered me and said she wanted to intern for me. I don't know how anyone that day could get two seconds of my time, but her drive told me she'd be perfect for the team. Sometimes you need to ask for what you want.

2 Talk about something other than work.

When you're looking for a job, you should always have your ears pricked for any potential opportunity. If you find out your neighbor's husband's sister works in your dream field, ask if it would be all right to contact her to pick her brain. But once you get that in, don't just bombard her with your accomplishments and goals—find common ground. Cute dog picture on her desk? Compliment it and talk about your new puppy. Or tell her you looked her up on LinkedIn and realized you were both in the same sorority. The key here is to forge a genuine bond. That way, if she hears of an opportunity down the line, she'll remember you...not just your résumé.

3 Consider happy hour part of your job.

The connections you make over, say, a 6 p.m. drink can be more solid than most relationships you forge on the job. In my business, men play golf, and in the process, they're networking. I don't play golf, but I'm an awesome caddie, and because of that, I have made key contacts out on the course. The point: If there's an out-of-office activity you're invited to, go. Sign up for the company softball team. Even if you're scared of the ball, you can always cheer or be the stats girl.

Welcome to power hour.

4 Ask the intern about her weekend.

Make a point of being helpful and valuable to your peers—especially the people under you. Look, the intern who does the coffee runs could end up being your boss in 10 years. I was one of those interns. I worked the night shift, and a certain host treated me like dirt. She has since called me for favors, not remembering she stepped on me daily. What goes around comes around. Don't underestimate anyone.

(Brzezinski) Evelyn Laws Photography; (Cocktails on bar) The Image Bank/Getty Images.

This is my jenny
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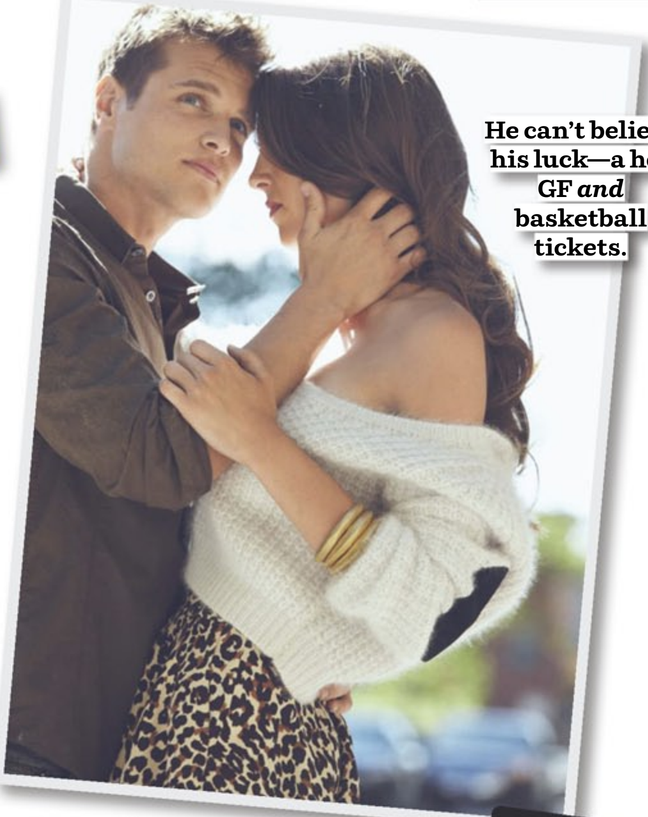
*Clients following our program, on average, lose 1-2 lbs per week.

SHAMELESS MONEY-SAVING TRICKS

By Casey Gueren



He can't believe his luck—a hot GF *and* basketball tickets.

CHEAP, SEXY DATE

Catch the Game for Half Price

Want to surprise your guy with tickets to see his favorite team without draining your wallet? Go to goldstar.com to find sports and concert seats for up to 50 percent off. The site will also clue you in to cool, completely gratis events in your area (like cocktail tastings or comedy shows), so you get to try out different activities and discover new ways to have a blast.

GENIUS SHOPPING TRICK

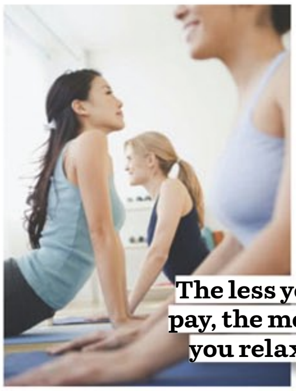
A Smarter Way to Scout Out Bargains

Is that cheap jacket you bought already falling apart? Use cheapism.com to find the most frugal buys on everything from clothes to electronics. It pairs items with reviews from researchers—so you'll find top-notch gear in your price range.

Sweet! Now you'll have extra dough.

Get a Hot Bod for Less

If you shell out $50 or more per month for a gym membership but end up going just once or twice a week, it's a waste. You're better off purchasing workout packages from daily-deal sites like Groupon. You can buy a handful of classes—like kickboxing, yoga, or Zumba—for only about $30.



The less you pay, the more you relax.

Holla for a Dollar

Dollar stores just got an awesome upgrade. Instead of offering a random mishmash of kids' toys and dishware, many are revamping their image and stocking up on name-brand toiletries, cleaning supplies, and paper goods. And at prices a few bucks less than what you'd pay at the grocery store, it seriously adds up.

SOURCE: KELLY HANCOCK, AUTHOR OF *SAVING SAVVY*

3 Things You're Wasting $$ On

Don't get tricked into thinking that these are essentials.

- Rental-car insurance: You're probably covered under your regular car-insurance plan or credit card (check with them to make sure).
- Extended warranties: The odds of a product breaking within the warranty time frame are slim...and if it does, repairs normally cost about the same as the warranty anyway.
- Trip protection: Some credit cards cover lost or stolen bags and even cancellation fees in certain situations. Call yours to find out.

(Yoga class) JGI/Jamie Grill/Blend Images. (Toothbrushes) Stockbyte/Getty Images. (Suitcase) Digital Vision/Getty Images. (Couple) CHRIS CLINTON.

Cosmo Pr♥mo!

Our monthly round-up of hot prizes, hot happenings, and hot stuff. cosmopromo.com
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We know what we *Like*... and we know how to show it!

Check out this product that Cosmo Promo can't help but *Like*. We think you'll *Like* it too. Visit Facebook and show some love this Valentine's Day with a *Like*!

live
in
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Lake Buena Vista Resort Village & Spa

Located in the heart of popular Orlando attractions, Lake Buena Vista Resort Village & Spa boasts sprawling multiple bedroom suites, two pools, a world-class signature health spa and several dining options, making it the perfect vacation getaway.

lbvresortorlando.com/cosmo

It's a 10...Truly Miracle Haircare

It's a 10 is an exceptional haircare line of extraordinary, multipurpose products sold in salons and beauty supply stores worldwide. The line was inspired by first-hand salon experience and perfected to fit all haircare needs.

Itsa10Haircare.com

Palm Springs' Legendary Resort

Riviera Palm Springs is an iconic playground of the past, characterized as Old Hollywood glamour, with a playful twist. This sprawling resort continues to inspire some of the desert's best-kept secrets.

psriviera.com

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Orajel
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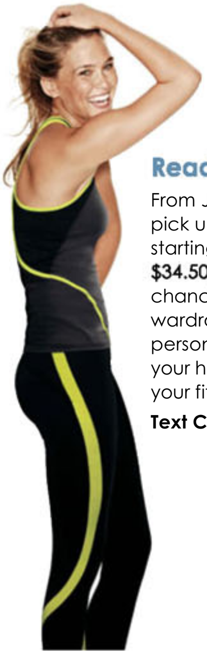
COLD SORES

Double-Duty Beauty

Orajel® Cold Sore Relief & Concealer is the ultimate double-duty beauty remedy. It's like a magic wand with a medicated brush tip applicator that uses a unique green-tinted formula to neutralize the redness of sores and minimize their appearance. The double-duty beauty benefit? It also instantly relieves pain and moisturizes skin to help speed healing—how cool is that? Visit **orajel.com** to learn more.

Congratulations to **TraCleo Leek** who won the **"What's Your Double-Duty Beauty Secret?" Contest** with this smart beauty trick:

> "*When summer's over, I use my sunscreen as shaving lotion. Using a thicker cream to shave in the winter keeps my legs super soft, and I buy new sun protection every spring, so I don't have to worry about the SPF breaking down over time.*"



HOT PRIZE

Ready to get fit?

From January 2 - 16, you can pick up a pair of GapFit pants starting at just $25 (regularly $34.50). Plus, enter for your chance to win a $500 GapFit wardrobe and a month of personal training sessions in your hometown to jump start your fitness resolutions!

Text COSMO to 36888 to enter.

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.) 18+. VOID WHERE PROHIBITED. Ends 1/16/12. For rules and instructions on how to enter without using your cell phone, visit http://bit.ly/t6iDCg. TXT STOP to 36888 to opt-out. TXT HELP to 36888 for information. Send questions to Custserv@gap.com. Message and data rates may apply. Contact your carrier for plan details and pricing. You will receive 1 text message in response to your entry. Entry via text-messaging may not be available via all wireless carriers. Sponsor: Gap Inc., 2 Folsom Street, San Francisco, CA 94105.

HOT OFFER

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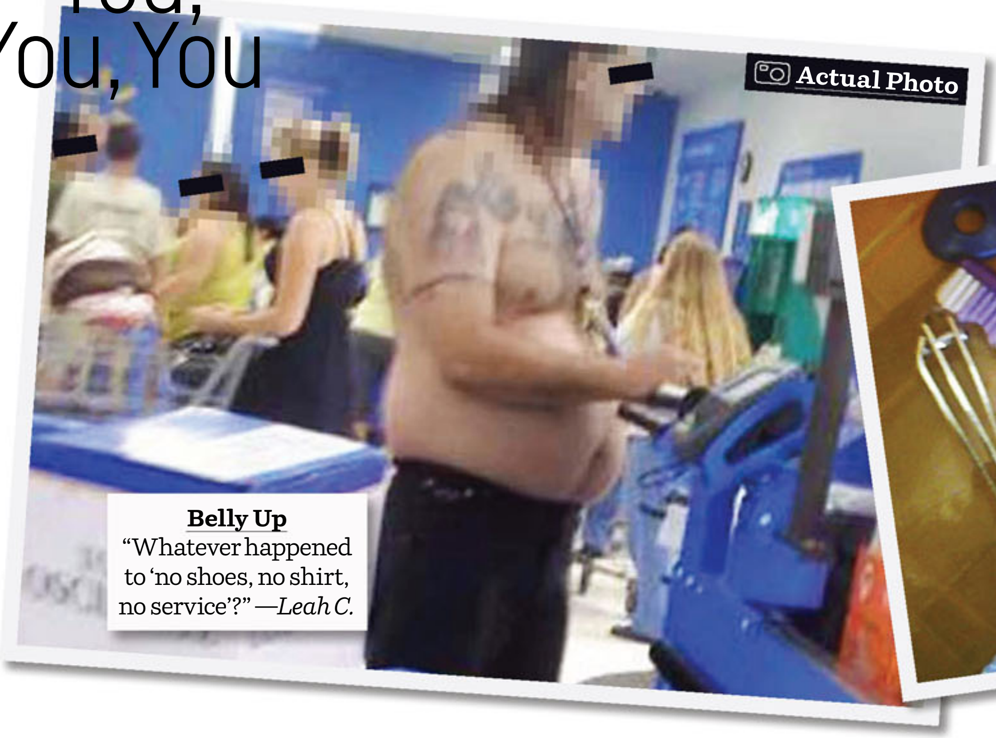
Purchase an Olay product and receive a limited-edition purse pouch from Olay and Cosmo, perfect for toting your Olay products. Send your receipt, name and return address to Olay GWP Offer c/o Cosmopolitan, 300 West 57 Street, Floor 37, New York, NY 10019.

Beauty Blogger GWP sponsored by Hearst Communications, Inc. Original receipt dated after 8/1/2011 must be sent in for validation of Olay product purchase. 1,000 gifts available and will not be acknowledged or returned. While supplies last. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on Cosmopromo.com so that all consumers are notified that there is no longer a chance to receive the gift. Sponsor's order of receipt is final. Must be 18 years old or older and a resident of the 49 United States and District of Columbia. (Maine residents excluded.) Void in Puerto Rico and where prohibited by law. Limit one entry per person. Please allow 8 weeks for delivery.

Bitch It Out!

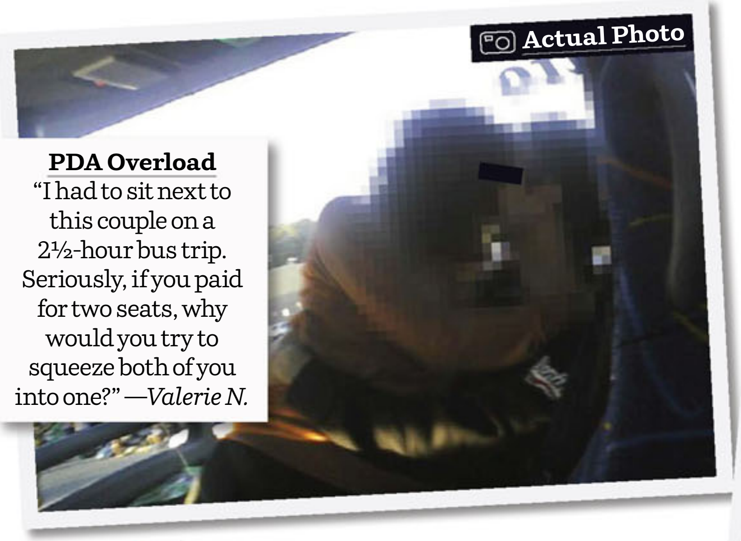
When rude, obnoxious, or just plain ludicrous situations work your last nerve, there's only one thing to do: Vent here!



Belly Up
"Whatever happened to 'no shoes, no shirt, no service'?" —*Leah C.*

Actual Photo

Not Dentist Recommended
"One of my roommates put her toenail clippers right next to my toothbrush. Gross!" —*Amanda R.*



PDA Overload
"I had to sit next to this couple on a 2½-hour bus trip. Seriously, if you paid for two seats, why would you try to squeeze both of you into one?" —*Valerie N.*

Actual Photo

Hoarders: Office Edition
"My coworker (we share an office) never empties her trash can. She lets it get full and then throws garbage all around it! I'll come in after being off for a day or two, and mine is the same way. So annoying!" —*Amy J.*

Bitch Tip

Have a friend who talks only about herself? Turn the tables on her. Next time she's blabbing about her life, blurt out "My turn!" when she takes a breath. Then catch her up on everything about you while she sits there stunned. She'll get the hint, and next time, you'll share the spotlight.

SOURCE: DEBRA HOLLAND, PHD, AUTHOR OF *RULES OF ENGAGEMENT: HOW TO SET BOUNDARIES WITH DIFFICULT PEOPLE*

ANNOYED BEYOND BELIEF? LOG ON TO COSMOPOLITAN.COM/BITCH-IT-OUT TO SHARE YOUR PET PEEVE (AND PHOTO). IF WE PRINT YOUR SHOT, WE'LL GIVE YOU $50.

Courtesy of contributor (4)

Cosmo Promo!

Our monthly round-up of hot prizes, hot happenings, and hot stuff. cosmopromo.com Like us on Facebook. Follow us on twitter @Cosmo_Promo.

Enter to Win a Gift Bag From Cosmo's Bachelors Event!

Visit **cosmopromo.com** to enter for the chance to win a fabulous gift bag given to each of Cosmo's Hottest Bachelors during Cosmo's Bachelors Event this past October in NYC.

Five lucky winners will take home a gift bag packed with these amazing gifts:

- American Apparel bag
- Baskit Urban Basics Boxer Briefs
- FixMySkin chapsticks
- Glee CD
- LMFAO CD
- LovelySkin.com gift card
- Nicki Minaj CD
- November issue of Cosmo
- Oasis Shave Kit
- Organic Male face wash
- Paul Mitchell MITCH kit
- Popcorn Indiana snack bag
- Ralph Lauren Big Pony Collection fragrance
- Remington Touch Control Bears & Stubble Trimmer
- Stainless Steel Electric Push Button Corkscrew
- Supersmile Professional Whitening System
- Supersmile Quikees
- Talking Rain drink
- Win Win DVD
- Yurbud headphones

NO PURCHASE NECESSARY TO ENTER OR WIN. Cosmo's Bachelors Gift Bag Sweepstakes, sponsored by Hearst Communications, Inc. Go to cosmopromo.com from 5:00 p.m. (ET), January 10, 2012 through 11:59 p.m. (ET), February 6, 2012 and complete and submit the entry form. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States, District of Columbia and Puerto Rico who has reached the age of majority in their state of residence at time of entry. Void where prohibited by law. Sweepstakes subject to complete official rules available at cosmopromo.com.

Meet Outasight, the New York-bred musician who weaves together the cadenced sounds of pop and soul to create a free new sound that is all his own. His hit single "Tonight Is the Night" is available now.

iamoutasight.com

COSMOPOLITAN
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Gift your Guy Havaianas for Spring Break

Cosmo's 2011 Bachelors each received a great pair of **Havaianas Urban**—a new men's flip flop that combines fashionable style with functional comfort. Visit **us.havaianas.com** to purchase a pair for him, and pick yourself up something from the women's 2012 Collection.

Get Gorgeous with Hot Blogger L-Diva!

Check out this month's tip from **Lauren Cosenza**, the go-to girl behind **Divaliciousblog.com**.

For kissable lips this Valentine's, plump up that pout! Simply line lips in a color one shade darker than your natural lip tone and extend slightly beyond the natural lipline. Apply lipcolor. Then add gloss to the center of the mouth. For extra dimension, pop highlighter onto the cupid's bow.

L-Diva is Cosmo Promo's beauty guru, and is compensated for her beauty tip each month.

The Lodge and Spa

Located an hour outside of Atlanta, **The Lodge and Spa at Callaway Gardens**—a Marriott Autograph Collection property—blends the luxuries of an upscale resort with the simple touches of Mother Nature. The resort provides breathtaking views and a peaceful environment. **For more information, please call 888.312.8002.**

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Hot Track!

Check out new singing sensation Gabrielle Borromeo, a 17 year old recording artist from Seattle, WA who is an advocate for the prevention of domestic violence and teenage suicide. See her video "New Day" and download the song for free at **iamgaby.com**. Follow her on Twitter at **@gabyborromeo**.

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Health Report

When Your Vagina Does Something Weird

By Esther Crain

V tip: Just blame any funny noises on your chair.

If only your vadge came with a manual for those times you get a wackadoo sensation or symptom that scares the hell out of you or seems a little bit freaky. Here, explanations and fixes for the most puzzling and, yeah, sometimes embarrassing stuff that goes on down there.

After sneezing, laughing, or while working out, you pee in your pants a little.

■ You've probably heard that this happens to women who have popped out a baby because giving birth can stretch out pelvic-floor muscles. But if you are young and not yet a mom, leaking pee can be really unsettling (not to mention embarrassing).

Little-known fact: Stress incontinence, the medical term for it, can happen to younger women, and it simply means that the muscles responsible for bladder control are a little slack. "So when your bladder is full or getting close to it, any sudden reflex—like a cough or strain from lifting weights—can cause you to lose control and release urine," says Alyssa Dweck, an ob-gyn in Mount Kisco, New York, and author of *V Is for Vagina*.

Handling this issue means strengthening your pelvic muscles via Kegel exercises. A refresher: Tighten your muscles as if you're trying to stop your urine stream, hold for five seconds, then release. "Aim for 20 to 40 Kegels a day," suggests Dr. Dweck. Within a month or two, your muscles will have toned up enough so that you'll spring fewer leaks.

Other things that help: Avoid caffeine, which irritates the bladder, and go to the bathroom more often. The less liquid in your bladder, the less likely you are to let go accidentally.

Your vagina spasms into a death grip, so it's difficult, if not impossible, to put anything inside it.

■ The clenching tips you off to vaginismus, an involuntary contracting of the muscles surrounding your vadge whenever you try to insert a tampon, use a vibrator, or have intercourse. Sometimes, it strikes women who have just become sexually active, while in other cases it happens even if you've been having sex or using tampons for years.

"It's thought to be the result of dysfunctional pelvic-floor muscles that shut tight automatically, kind of the way your eye flinches when something comes too close to it," explains Jennifer Wider, MD, a women's health specialist in New York City and Cosmo Radio health expert. But there may be an emotional element too. "It can also stem from sexual anxiety, say because of past abuse or a painful experience," says Dr. Wider. For some women, it leads to pain, burning, or other physical discomfort around the vaginal opening.

Whatever the cause, vaginismus can be treated. Get an official diagnosis from your gyno, who will likely have you do exercises that give you control over the contractions. She may also prescribe dilators to insert into your vagina, which help to relax the muscles.

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Manicure: Kelly B. at Defacto for Chanel. Prop stylist: Robert Sumrell for Walter Schupfer Management. Blazer: Talula; tank top: Twelfth Street by Cynthia Vincent; skirt: T Tahari; belt: Burberry; necklace: Jewelmint.

You recently went on the Pill, and now your period goes on and on and on.

■ Minor spotting for a month or two is a normal side effect of going on most birth-control pills. It's just an annoying consequence of your body adjusting to changes in hormone levels. But if you're bleeding so much that you're soaking through a tampon (or more) a day and the flow shows no sign of letting up, it's time to talk to your gyno about going on another type of oral contraceptive. "The estrogen in the Pill is what halts bleeding, but a continuous flow for weeks on end is a sign that the estrogen level in your prescription may be too low for your system," says Dr. Dweck.

If switching to a different Pill brand with more estrogen doesn't help, bring the bleeding to your doctor's attention again and ask her to check you for uterine fibroids and uterine or cervical polyps, two benign (read: nothing to worry about) types of growths that show up in young women and can cause you to bleed whether you're on the Pill or not, says Dr. Dweck.

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Endless period? You may need more hormones in your pack.

Your vagina is twitching.

■ If you felt this while you were between the sheets with your guy, you'd probably chalk it up to all the nerve endings being fired off in pleasure. But if it happens anywhere else, you're likely going to read something much different into it.

Don't. Instead, write it off as a harmless muscle twitch. Just as you might feel a twitch in your calf, the same thing can happen to your vagina, especially if you've been sitting for long periods of time or regularly put pressure on your pelvic region, like in Spinning class, says Mary Jane Minkin, MD, clinical professor of ob-gyn at Yale University School of Medicine. The twitch may also stem from a compressed nerve, perhaps from squeezing into tight jeans.

And as long as it happens sporadically—rather than repeatedly throughout the day, which can indicate a rare nerve or muscle disorder—it's truly nothing to worry about. "The pelvic area contains an incredible concentration of nerve endings, so it's really not unusual to feel a buzz, twitch, or vibration of some kind here," says Dr. Minkin. "In fact, it can be a good sign, since it demonstrates that you're supersensitive."

That Spinning-class seat is hard-core on your vadge.

> **"Your toilet paper can trigger an allergic reaction down there."**

You have a crazy itch on the outside of your V zone.

■ As long as there's no thick discharge, which would clue you in to a yeast infection, it sounds like your lady bits are making contact with something that rubs them the wrong way. And the gynos we spoke to have a hunch it's your toilet paper...even the eco-friendly kind.

"The natural materials used to make toilet paper may trigger an allergic reaction, leaving your vaginal area red, itchy, and chafed," explains Dr. Dweck. Of course, regular t.p. is also a big offender, since many contain artificial colors and scents that can make things raw down below.

The tricky part is, there isn't one specific ingredient to avoid. It takes a little trial and error to figure out what kind of toilet paper is irritating your skin. If you're at a friend's house or public restroom and the only choice is green toilet paper or a perfumed, dyed kind, minimize a potential reaction by blotting dry rather than wiping, suggests Dr. Dweck.

(Illustration) **ANDERS WENNGREN.** (Birth-control pills) Number 7/Alamy.

The Exam Every Girl Must Do

Your skin and breasts aren't the only body regions that require a monthly once-over. Gynos say it's vital to look for bumps, lumps, and other issues down below too.

1.

Grab a hand mirror, lie back on your bed, and aim a bright light on your vulva, so you clearly see your outer pubic area.

2.

Look for any raised bumps, under-the-skin lumps, tender areas, or discolored patches, including freckles and moles, as skin cancer can occur here (although it's rare).

3.

Push apart your vaginal folds, and check your inner labia and vaginal opening for the same symptoms.

4.

Note anything that seems odd or new, and tell your gyno as soon as you can. Chances are, it's nothing, but your doc will want to examine you, in case it turns out to be a sign of a vaginal infection, STD, or growth that needs treatment.

There's suddenly a small lump just under the skin of your labia.

■ Detecting a lump anywhere in your body is always a nerve-racking experience. One that appears on your private parts, however, is going to really cause you to freak out. Okay, exhale. What you've probably got here is a totally harmless fluid-filled cyst caused by a clogged Bartholin's gland; these two glands line either side of your vaginal opening and kick in when you're aroused and produce lubrication.

"For unknown reasons, sometimes this gland gets blocked, resulting in a soft, compressible lump that can be as small as a pea or even as large as a golf ball," says Dr. Wider. Sure, it sounds pretty crazy, but it's actually not that uncommon in young women, adds Dr. Wider, with gynos diagnosing them all the time.

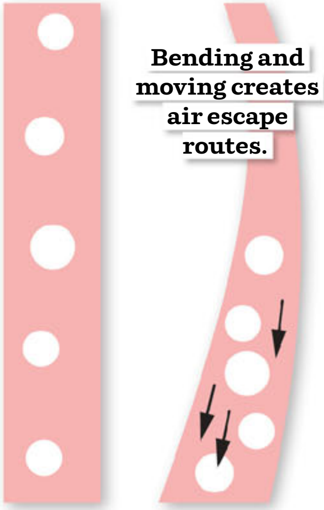
So make an appointment with your doctor and have her check it out, just to play it safe. (Keep in mind that malignant lumps down below are really, really rare in young women, but of course you still want to rule them out for sure.) If the cyst is pretty small and doesn't bother you, it's perfectly fine to leave it alone or try to reduce its size with a hot compress; it may drain on its own and disappear as mysteriously as it showed up. But if it's wigging you out or feels tender or painful (which indicates it's become infected), your gyno can drain the fluid and give you a prescription for antibiotics, should you need them.

Actual size of some V-jay bumps

(Peas) Vetta/Getty Images

You spontaneously feel an air bubble or two come out of your vadge.

■ We're not talking about a full-on queef, which occurs when air gets trapped in your hoo-ha during sex and then makes a boner-killing noise coming out. In this situation, the air escaping your vagina is quieter—kind of a soft hiccup down below. It doesn't hurt and isn't accompanied by a strange discharge, but it's a seriously weird feeling.



Bending and moving creates air escape routes.

Hard to believe, but it's actually a normal result of the way your vagina is designed. "It's a tubelike canal, which means it's prone to pockets of trapped air, especially if you're bending and moving around a lot, which changes the shape of the opening," says Dr. Minkin. "Any air that goes inside then has to come out—and that's the bubble you feel exiting your body." ■

YOUR BODY

By Esther Crain

Breast Check

Crazy Boob Rumors

Don't believe every story you hear about your girls.

She's finally not afraid to roll over!

RUMOR	FACT
Sleeping on your stomach makes your boobs sag.	Sag happens naturally, thanks to gravity, and it gets ramped up after you've had a baby and begin breast-feeding. The position in which you sleep has nothing to do with how perky your chest is.
C and D cups feel more sensation than As and Bs.	All breasts have roughly the same number of nerve endings. Some women get more pleasure from having their breasts stimulated than others do, but it's totally a personal thing, not a size or shape issue.
Playing slightly rough with them during sex can do damage.	Sure, if your guy inadvertently grabs your breast hard enough, it could leave a bruise, but chances of any lasting or significant injury are slim.

SOURCE: AMY LUNGREN, OB-GYN IN DALLAS

HIS & HERS

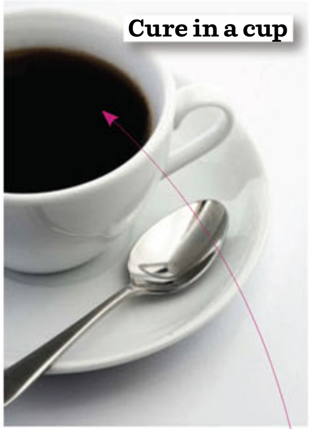
Smoother, sexier, and less smelly

Q. Are there any health perks I can tell my guy about to persuade him to start manscaping his private parts?

A. Well, for starters, having less pubic hair means his crotch area won't trap so much sweat and debris, which means there will be less bacteria and his pubes will have less of a funk. Razoring his below-the-belt region could also make it easier for him to notice the symptoms of a sexually transmitted disease, such as herpes or genital warts, which appear on the skin and may be masked by lots of hair, says John L. Meisenheimer, a dermatologist in South Orlando, Florida. And shaving eliminates his odds of picking up an icky (but often harmless) STD: pubic lice.

WHAT YOUR BODY REVEALS

Headaches That Make You Nauseated



Cure in a cup

The nausea is a tip-off to a migraine, a pulsing headache that can leave you feeling vomit-y and sensitive to light and sound, says Michael De Georgia, MD, professor of neurology at Case Western Reserve University. OTC pain pills may get rid of it, and ingesting caffeine or chilling in a dark room can help. If that fails, prescription meds might chase it away.

FEEL BETTER FAST

STOP A WINTER NOSEBLEED BY SITTING, LEANING FORWARD, AND PINCHING THE BRIDGE OF YOUR NOSE.

SOURCE: HOLLY PHILLIPS, MD, WOMEN'S HEALTH SPECIALIST IN NEW YORK CITY

(Female model) CHRIS CLINTON. (Male model) TAMARA SCHLESINGER. (Coffee) fotolia.com.

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9 Colors That Give You a Mood Boost

Science says looking at certain shades can help you chill out, get psyched for Spinning class, or persuade George Clooney to commit (hey, it could happen)....

By Korin Miller

Violet sends out giddy vibes. She's feeling it.

ALEXA MILLER. Fashion editor: Charles Manning. Hair: Anja Grassegger for Bumble & Bumble at Factory Downtown. Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Tank top: Hanro of Switzerland; shorts: Topshop; necklace: Helen Ficalora.

According to psychologists and color experts, the hues you come into contact with during the day—from your red nail polish to the earthy tones at Starbucks—have an impact on your state of mind. It has to do both with associations you form as a kid and with wavelengths, explains Dewey Sadka, founder of deweycolorsystem.com. Each color shoots off a unique variation and may be processed differently in your brain. The tints below are proven to work their magic as soon as you lay eyes on them.

🟥

IF YOU WANT TO
Be focused during a big presentation,

TRY THIS:
Wear red nail polish.

HERE'S WHY
This bold hue makes you pay more attention to details, according to a study by the University of British Columbia, so take a peek at your digits before you start talking. Bonus: Because it has the longest wavelength in the color spectrum, people might need to look longer to process it, so all eyes will be on you.

🟨

IF YOU WANT TO
Start your day with a burst of energy,

TRY THIS:
Paint your kitchen walls yellow.

HERE'S WHY
There's something about this color that makes you feel perkier. A recent study on spatial color found that people who hung out in a yellow room were more active and energetic than those in other rooms, so make it a point to linger there in the morning.

🟪

IF YOU WANT TO
Be carefree, laugh, and goof off,

TRY THIS:
Place a pot of violet flowers prominently in your living room.

HERE'S WHY
A University of Georgia study found that most people associate the color with children and giggling, so if you're feeling stressed, take a sec to check out the blooms. It will help you loosen up.

🟩

IF YOU WANT TO
Chill the heck out,

TRY THIS:
Use a green yoga mat.

HERE'S WHY
Most of us associate green with the *ahh*-inducing vibe of nature—a University of Georgia study found that people think of trees and plants when they see it and end up feeling more relaxed as a result. Stare at the hue as you're stretching out in downward dog and make your everyday yoga sesh even more amazing.

⬛

IF YOU WANT TO
Be totally desired,

TRY THIS:
Wear an LBD.

HERE'S WHY
You already know you feel sexy in something short and black, but the hue can also make you feel more empowered and sophisticated, according to color-association studies conducted by the Pantone Color Institute. And that vibe is super seductive, making it easier than ever to lure in *mucho* admirers.

🟧

IF YOU WANT TO
Motivate yourself to work out more,

TRY THIS:
Use orange laces on your sneaks.

HERE'S WHY
Orange is having a fashion moment right now, and it also makes you feel more stimulated, according to a Pantone study. Slip it on your shoes, and sneak a peek at your feet when you need to rally at the gym.

🟦

IF YOU WANT TO
Come up with a cool idea for your guy's V-Day present,

TRY THIS:
Scribble down thoughts using a pen with blue ink.

HERE'S WHY
Researchers at the University of British Columbia found that people who eyeballed the color blue were better at using their imagination. Before you brainstorm, stare at the sky for a minute—your creative juices will start flowing.

🟫

IF YOU WANT TO
Feel really comfy on a crappy day,

TRY THIS:
Hang at your local coffee shop.

HERE'S WHY
Whether it's in the decor or the coffee itself, brown rules java joints, making them the perfect place to kick back when it's yucky outside. Color-association studies from Pantone found that people feel cozy when they see the shade.

⬜

IF YOU WANT TO
Get over a breakup,

TRY THIS:
Slip a white cover on your duvet.

HERE'S WHY
The University of Georgia study also found that the color white makes us feel hopeful about the future. Where do you miss your ex most? Probably snuggled in your bed, so changing your comforter can have a major impact in turning over a new leaf in your love life.

SOURCES: PSYCHOLOGIST ANDREW ELLIOT, PHD; LEATRICE EISEMAN, DIRECTOR OF THE PANTONE COLOR INSTITUTE; DEWEY SADKA, FOUNDER OF THE DEWEY COLOR SYSTEM

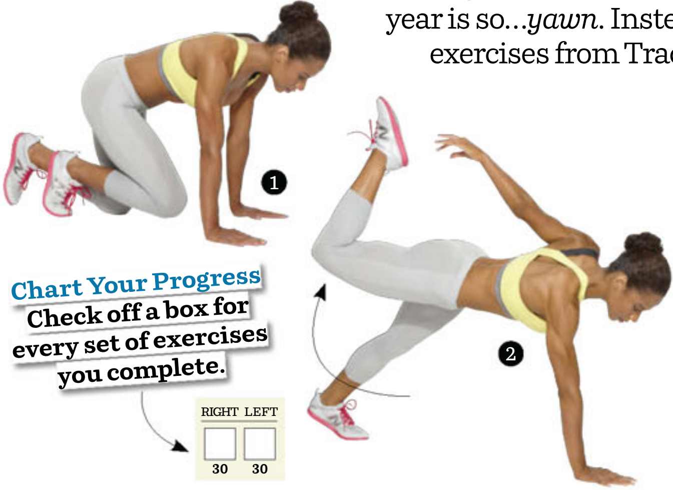
Fit in 6 Minutes

Steal These Celeb Workout Secrets

Making a resolution to hit the gym more this year is so...*yawn*. Instead, swipe these easy exercises from Tracy's A-list clients.

Mix It Up
Every 10 days, do the moves in a different sequence. This makes the exercises more effective, since it keeps your muscles guessing.

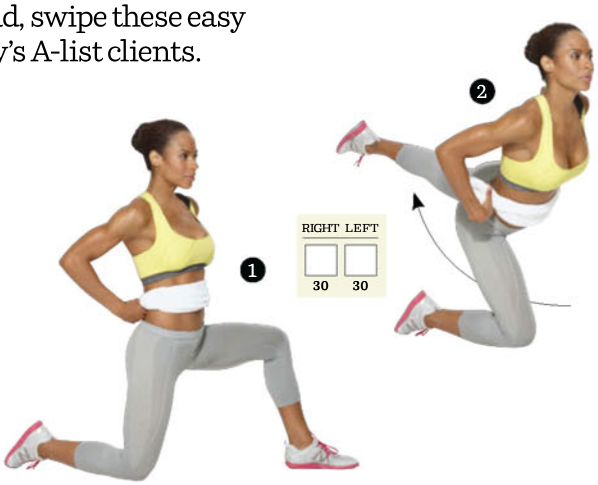
Chart Your Progress
Check off a box for every set of exercises you complete.



RIGHT LEFT
☐ ☐
30 30

Get Ashley Greene's Sexy Arms

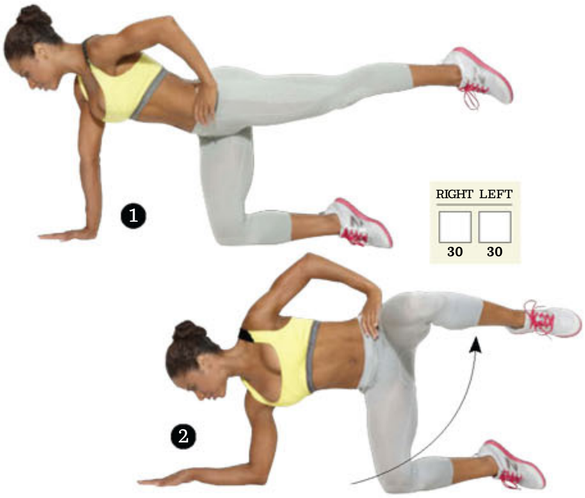
❶ Begin on all fours, and bring your right knee in toward your arms so that it's a few inches off the floor. ❷ Press up into a one-leg plank, lift your right leg to hip height (keep your knee bent), and reach your left arm toward your toes. Return to start. That's one rep; do 30, and change sides.



RIGHT LEFT
☐ ☐
30 30

Tighten Your Butt Like J.Lo

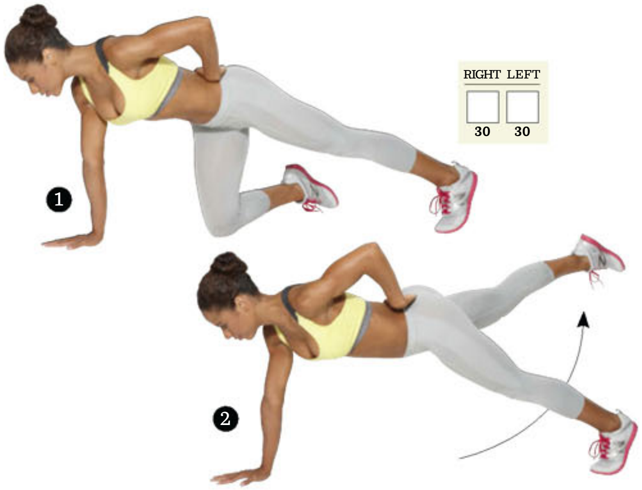
❶ Kneel on your right knee, left leg turned out so your inner thigh is facing forward. Grab a hand towel by both ends, and wrap it around your waist. ❷ Extend your left leg directly behind you, toes pointed (your body will lean forward as you do this). Return to start. That's one rep; do 30, and change sides.



RIGHT LEFT
☐ ☐
30 30

Score Gisele's Lean Thighs

❶ Get on all fours, rest your left hand on your hip, and lift your left leg behind you so that it's at hip height (your shoelaces should point down). ❷ Bend your left knee, and bring it in so that it's in line with your hip. (Your torso will naturally twist so that it faces the side.) Return to start. That's one rep; do 30, and switch sides.



RIGHT LEFT
☐ ☐
30 30

Tone Your Abs Like Gwyneth

❶ Start on your hands and knees, and extend your left leg behind you (toes touching the floor, heel lifted). Rest the back of your left hand on your lower back. ❷ Lift and straighten your right leg on the diagonal behind you, toes pointed. Return to start. That's one rep; do 30, and switch sides.

Meet Your Trainer Tracy Anderson is a top fitness guru who helps celebrities like Gwyneth Paltrow, Shakira, and Kate Hudson sculpt a lean, foxy body. Check her out at tracyandersonmethod.com, and follow her on Twitter @GoTracy.

CHRIS ECKERT/STUDIO D. Fashion editor: Charles Manning. Hair: Jennifer Brent using Tresemmé at Beauty Wing NY. Makeup: Courtney Perkins using MAC. Sports bra: Calvin Klein; pants: Falke; sneakers: New Balance. (Anderson) Miranda Penn Turin.

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They're on fire...
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CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Manicure: Dida using Dior Vernis at raybrownpro.com. Prop stylist: Robert Sumrell for Walter Schupfer Management. Bra: Stella McCartney.

Guys Describe Their Best. Sex. Ever.

Once you're skin on skin, almost anything you do will get a man worked up. The real question is, which moves are Hall of Famers? We asked, and the dudes shared. Here, the most unforgettable techniques and touches, plus why you might want to consider adopting a fake foreign accent.

By Bethany Heitman

"**She pulled me** into the shower with her, had me lie down on the floor of the tub, and rode me as hot water streamed over us." *—Eric A.*

"**Loud, aggressive, with** her telling me exactly how she likes it" *—Darren F.*

"**My old girlfriend** loved having sex in the backseat of the car. The cramped space made it so our bodies were tightly pressed together. Mmm, erotic." *—Andrew S.*

"**Right as I** was about to blow, she used the heel of her hand to press my balls toward my body. Whoa. It made my orgasm way more intense." *—Chris A.*

"My girlfriend wears corporate suits to work. One day, she came home, dragged me into the bedroom, and pulled up her skirt. Doing her while she looked so professional was crazy-hot." *—John C.*

"**She grabbed my** shaft with one hand and cupped her other hand and placed it over my tip. Then she gently twisted both hands. I was rock hard by the time we started having sex." *—Gustavo R.*

"**This is going** to sound cheesy, but my ex once lit a ton of candles. Having sex in that glow took me out of the real world—it made me feel like I was a movie star filming a great love scene." *—Lucas L.*

"**Lots of oil** and lube. It was wet...very, very slippery wet." *—Jason W.*

"**She was on** top, and she reached down and started rubbing herself. I felt like I had a front-row seat to a porno." *—Glen J.*

"We did it in the kitchen. She sat on the counter, and I stood between her legs. Then she wrapped her legs around me so I could get really deep." *—Matt S.*

"During oral, she took one testicle at a time into her mouth and sucked. Simultaneously, she used her hands on my penis. I've never been so impressed by someone's multitasking skills." *—Doug P.*

"I still fantasize about this one time when my fiancée tied me to the bedposts and blindfolded me. Not knowing where she'd touch me next got me so hard, and the fact that I couldn't move made it even more intense." *—Cameron M.*

"She kept red stilettos on the entire time." *—Diego S.*

"I love when my girl wakes me up to have sex. Her hair is a little crazy from sleeping, which makes it feel animalistic. Plus, it's bright outside, so I get to see her body in detail." *—Jordan C.*

"I went insane this one time that my wife brought me to the brink of orgasm with her mouth and then quickly hopped on me and let me finish inside her." *—Sam T.*

"My girl and I were visiting her parents. While they were watching a movie, she pulled me upstairs for a quickie in her childhood bedroom. It felt so badass." *—Pete R.*

"A woman I was with would squirt a good amount of lube on her hands, then she'd put them on either side of my penis. But instead of gripping it, she'd keep her hands flat and move them back and forth, almost like she was warming her palms but with my guy in between. The friction it created took me over the edge." *—Garrett W.*

"In the middle of girl on top, spin around so you are in reverse cowgirl. It's unforgettable." *—Randy W.*

"One night, she put on a dark brown wig and started talking in a foreign accent. It made me feel like I was sleeping with an entirely new, exotic girl." *—Derrick L.*

"Three words: Loud, hard, fast." *—Brad B.*

"She started soft and sweet. She gently kissed me and caressed my back as I thrust. Then all of a sudden, she turned into a wild woman. She dragged her nails across my chest and bit my earlobe. The quick and complete change in mood was f-ing amazing." *—Doug S.*

"Instead of moaning, one time she just kept saying my name over and over. I felt like a god." *—Paul I.*

"As she had my penis inside her mouth, she turned her head from side to side. It was like a corkscrew. It was cool that she didn't just do the standard up and down. Within a minute or two, I could no longer take it, and I pushed her onto the bed so we could have sex." *—Evan L.*

> **"Once I was with a** woman who made great noises in bed, and it made sex so much better. As I brought her closer to climax, she began gasping 'Oh yes!' and moaning loudly. It let me know I was using the right moves."
>
> *—Andrew R.*

"This chick I hooked up with laid herself across a table, had me drizzle chocolate sauce over her breasts, and asked me to lick it off. It was the tastiest dessert I've ever had." *—Jeffrey R.*

"I was going down on her, and she dug her nails into my shoulders pretty hard. It let me know how much fun she was having, which made it more fun for me." *—Curtis M.*

"Throughout the day, she texted me specific instructions of what she wanted me to do to her that night. The anticipation was killing me, and I ripped off her clothes as soon as I got home." *—Arthur W.*

"She had the day off, but I was working. During lunch, she called to tell me to come home right away because the dishwasher was overflowing and it was a disaster. I rushed home to find her totally naked on the bed, just waiting for me. Such a good lunch hour." *—Mike F.*

"My fiancée cut a hole in her panties, and I entered her through it. The lace created this great friction against my penis." *—Dennis R.*

"One time, this chick kept her top on and leaned out an open window while I did her from behind. People could see her but had no idea what I was doing." *—Arnie T.*

"She straddled me and used the tip of my penis to massage her clitoris. Not only was it hot that she manhandled me, but her skin was also very soft there, so it felt really pleasurable." *—Shawn F.*

"Just when I was close to orgasm, she pulled me out of her and had me switch to a different position. It made me last extra long, and when she finally let me come, it felt better than it ever has." *—Carson W.*

"In missionary, right before I climaxed, she spread her legs wide, so I was able to thrust really deep as I finished." *—DeShawn P.*

"My girl and I went out on a great date. When we got home, she couldn't wait to get into the bedroom. She tore off my clothes and pulled me to the floor."

—Lawrence J.

"We mix it up pretty often in bed—missionary, cowgirl, doggie-style. But one night, she pulled out this crazy-ass move I had never heard of. I was in a sitting position and with my hands on the ground behind me. She straddled me and put her feet over my shoulders. I had the perfect view of her, and it was exciting to try something new." *—Ian T.*

"We were both feeling very playful, and the entire time, we laughed and tickled each other. It sounds silly, but men don't always want serious sex. I always think about how much fun that particular time was." *—Geraldo D.*

"I still remember our anniversary from last year, because she said she wanted to try something new. She lay down on her stomach and kept her legs closed. To enter her, I pushed between her legs. There was this really hot resistance, and the friction kept building as I thrust." *—Brendan M.*

"Midaction, she pulled away from me and went down on me. Something about being inside her and then having her taste it drove me wild." *—Kenny R.*

"She was riding me and reached around and stroked my thighs then pressed the spot between my balls and butt. I didn't even know that spot was sensitive until she touched it." *—Ben B.*

"In doggie-style, she leans so her face is near the mattress. It makes me rub her in a great way." *—Gary L.*

"We made a rule: No one could make a single noise. Seeing her try to keep her moans in really amped me up." *—Stephen E.*

"Instead of going up and down on top, she made wide circles with her hips. She was able to rub up against spots of my penis I had never even felt during sex before." *—Dustin E.*

"My girlfriend has this incredible hand-job move that she pulls out every once in a while to get me going. She stacks her hands one on top of the other around my junk. Then she tightens her fingers around me in a rolling motion—almost like she's milking a cow. The key is, she uses lots of pressure." *—Dan G.*

"I was with this one woman who had the best oral-sex technique I've ever experienced. She would wrap both hands around my package, one on top of the other. She'd gently twist her hands back and forth. Then she'd use her tongue and swirl it around my tip really quickly." ■ *—Jason T.*

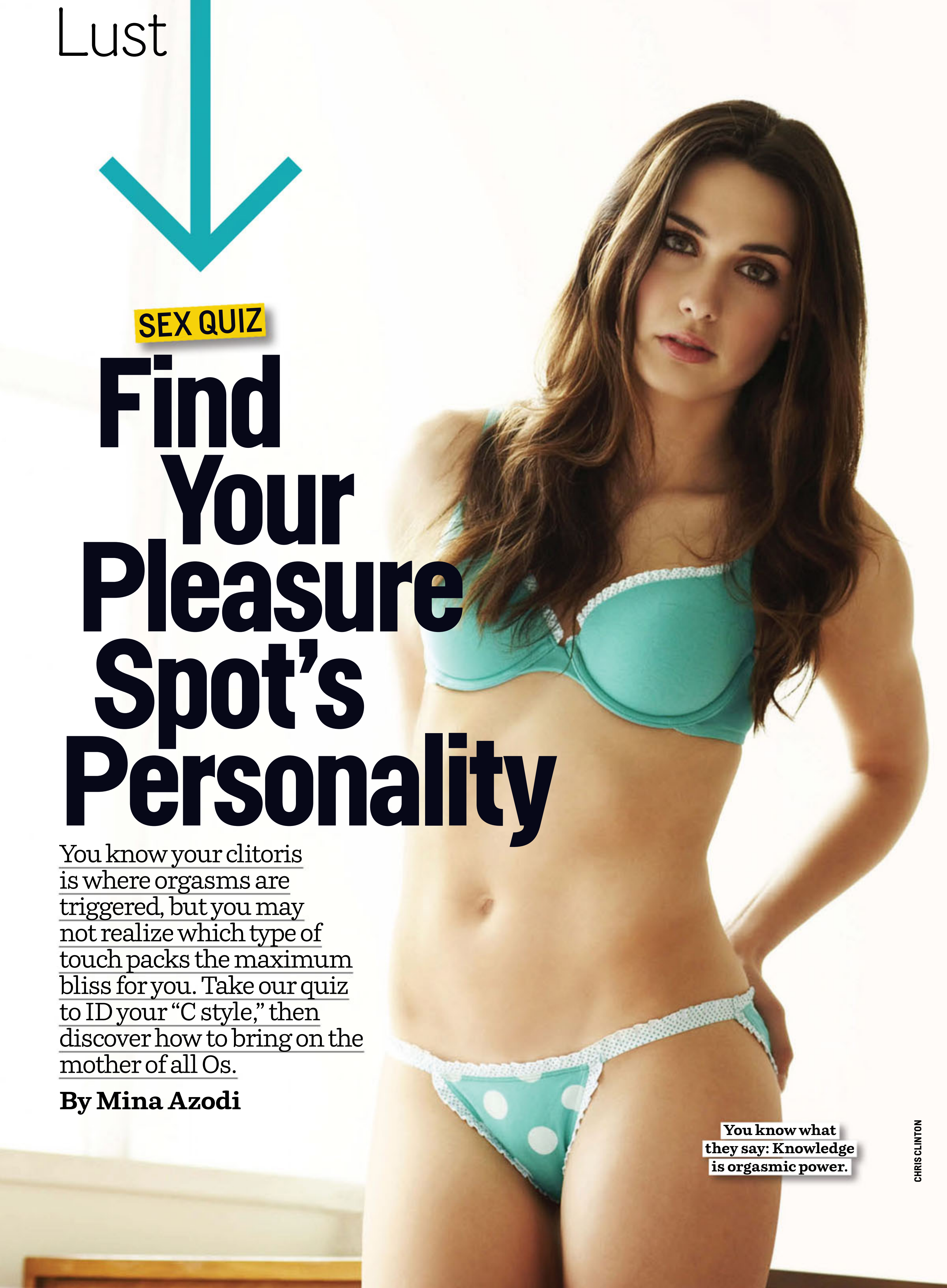
CHRIS CLINTON

SEX QUIZ

Find Your Pleasure Spot's Personality

You know your clitoris is where orgasms are triggered, but you may not realize which type of touch packs the maximum bliss for you. Take our quiz to ID your "C style," then discover how to bring on the mother of all Os.

By Mina Azodi



You know what they say: Knowledge is orgasmic power.

CHRIS CLINTON

START HERE

1

Which kind of clitoral contact feels best?

(a) I prefer to be touched with my underwear still on, so I can feel the sensations through the fabric.
(b) I love a mix of direct and indirect stimulation.
(c) I want constant, consistent pressure on my hot spot.

2

What kind of manual movement do you want your guy to use on your clitoris?

(a) Move just his fingertips in a soft, caressing motion.
(b) Keep switching things up—using circles or figure eights or going side to side.
(c) Press the palm and heel of his hand against it.

3

When you use your vibrator for solo action, what's your go-to setting for maximum pleasure?

(a) I don't use one; I prefer my hand instead.
(b) Slow, long pulses
(c) Fast, short vibrations

If you answered mostly As, your C-spot MO is

SOFT

↓

Heat Up Foreplay

Since indirect touch excites you most, we have two words for you: *dry humping*. Yeah, it's a throwback, but it delivers the pressure and clitoral contact you require. Start by kissing with your clothes or underwear on. Then when the tension becomes unbearable, climb on top. "Move your hips in slow circles," says Ava Cadell, PhD, founder of loveologyuniversity.com. Your clothes create a barrier, so your clitoris gently rubs against the fabric. Plus, his package will press against you, upping your pleasure.

↓

Trigger an Explosive Climax During Sex

The most satisfying sex position for you is missionary—with a twist. When your guy is on top, have him shift his body up toward your belly button. "The base of his penis and his pelvic bone will be lightly pressing against your clitoris and the area just above it," says sex expert Sadie Allison, author of *Tickle Your Fancy*. Then rock your bodies in a back-and-forth motion (he shouldn't be thrusting in and out). "This will tease your clitoris indirectly, intensifying your orgasm," says Allison.

If you answered mostly Bs, your C-spot MO is

MEDIUM

↓

Heat Up Foreplay

"Your clitoris responds best to various sensations instead of one predictable pattern," says Allison. A combination of light and indirect and harder and direct touch will give you the biggest bang. During oral, ask your guy to use the flat part of his tongue to make long, slow strokes with medium pressure. "Have him lick from side to side over your labia, then your clitoris, then over the labia again," says Cadell. This will tease your clit (in a good way) with direct and indirect contact.

↓

Trigger an Explosive Climax During Sex

Girl on top should be your go-to. Sure, it lets him get at your C-spot, but that's not the only reason it'll give you a bigger climax. "You can also control the angle; that way, you will be able to vary the pressure on your clitoris," explains Cadell. If you lean all the way forward, you can rub your clitoris against his skin. Or if you lean back, you can lightly stroke yourself (or he can stroke you). Another idea: Press your vibe against your C-spot and vary the settings for a thigh-quivering finale.

If you answered mostly Cs, your C-spot MO is

HARD

↓

Heat Up Foreplay

To get the kind of constant contact you're after during oral, try (gently) guiding his head with your hands. "This will allow you to direct the amount of pressure," explains Allison. You can do the same if he's stroking you manually. Just put your hand on top of his to show him the precise kind of stimulation you're after. Still craving more? To really up the ante while he's down there, ask him to take your clitoris into his mouth and suck on it—it'll boost the pressure and feel awesome for you.

↓

Trigger an Explosive Climax During Sex

Your ideal position has direct clitoral contact, and while there are several options (doggie, girl on top), the one that will feel the best is side by side. He should be positioned like he's spooning you. "This lets him touch your clitoris, but it limits his motion while he thrusts," says Cadell. If he has to move in a more controlled way (versus the wild bucking of a position like doggie), it makes it easier for him to apply constant pressure to your clitoris with his hand, bringing you to that final, blissful bang. ■

This Hot Sex Position Just Got Hotter

A li'l upside-down action will spice things right up.

They say you get what you give. But why not get what you give at the same time via Cosmo's new and improved versions of 69?

By Jessica Knoll

We're not going to pretend that 69 is easy. "It requires some skill and coordination," says clinical sexologist Natasha Valdez, author of *Vitamin O*. "That said, it's also a wild move, so when you break it out, it gives both parties an erotic rush." We saw that erotic rush and raised it with these trumped-up variations of classic girl-on-top 69. Trust us, they're worth the extra effort.

BLISS ON THE SIDE

In this position, you are both stimulating each other's hot spots while lying on your sides (to grant him full access to your girl parts, toss your thigh over his shoulder). It's sexy and intimate plus a great option if you're feeling a little lazy or want to go at it for a long time. "Because you're both lying down and neither of you is tasked with supporting your weight or your partner's weight, you can relax and enjoy yourselves," says Valdez.

MAN UP

While girl-on-top 69 has its advantages—you get to be the one in control—this twist is a hot way to change it up and give your man a few new thrills. It's a very gratifying spot for him to be in—he has you pinned down and is also in charge of the depth and the pace. However, this does not mean he gets a free pass to jackhammer your face. "Let him know he has to be careful of thrusting too hard or too deep, which could choke or hurt you. Then agree on a safety signal—like pinching his thigh—if he's getting too into it," suggests Valdez.

TOO NAUGHTY TO NAME

If you and your guy are feeling adventurous, here's a challenge: Have him sit on the couch, his legs stretched out and slightly parted, knees bent, and feet resting on a hard surface, like a coffee table. Stand behind the couch and, leaning over, place your elbows on either side of his hips as you lower your head between his thighs. With the majority of your weight supported by your elbows, place your knees on the back of the couch, so you're straddling his face. Yeah, it's acrobatic, but that's half the fun. "Every time you do something crazy like this, it creates sexy new memories and bonds the two of you," says Valdez. "It also puts you in a position of power—he's probably never done this before, and you have the honor of being the one to introduce it to him." ■

3-D Sex Positions

Tell your BF to get the Cosmo for Guys iPad App, now on iTunes, and he'll be the one wowing *you* in the sack.

Photographer's Choice RF/Getty Images

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Lust

SEX Q&A

In-depth responses to questions you could only ask Cosmo

Uh, is it too late to sneak a breath mint?

Q. My guy wants me to sext him a naked pic, but I don't want to. What other naughty stuff can I do with my cell?

A. It depends. If you're hesitant to sext him because you're not sure he'll keep the photos private, then that's a red flag that he might not be the right guy for you…and you shouldn't send him dirty messages, naked or not. But if that's not the issue and you're more worried about stuff like hacking (hello, ScarJo) or showing off your body, then yes, there are tons of hot ways to use your phone. Tease him with pics that show only a hint of your body—your abs, the curve of your hip, or jaw-dropping cleavage. Or try these tamer (but still seductive) options: Send him a pic of the underwear you'll wear that night, or take a photo of the hot dress you have on and text him that you can't wait for him to rip it off you later.

Q. How do I use one of those vibrating rings that's sold in the condom section of the drugstore?

A. These sexy (and cheap!) little gadgets are an awesome way to spice up your sex life, but it can be tricky to put one on your guy if you haven't done it before. You'll want to slip the ring onto his penis and slide it all the way down his shaft so that it rests at the base (lubing up his package beforehand will make this easier). A lot of women find it most pleasurable if the vibrator itself is positioned at 12:00, but it'll take some trial and error to find what works for you. Then hit the "on" button, and enjoy!

Q. My husband is totally silent whenever he climaxes. I know that he's satisfied in bed, but is it really normal for him not to make noise?

A. Yes, especially for men. A lot of guys think being manly means being stoic…even when it comes to how they're feeling between the sheets. If you want him to let go, say something after sex like, "Sometimes you're quiet when you have an orgasm. It would be so hot for me to hear you moan." If he still goes mute after that, it's okay. You can't force him to be vocal (and you certainly don't want him to fake it). As long as he's sated, that's all that matters.

Q. My nipples aren't very sensitive to touch. What can my BF do to up my pleasure?

A. You want to make sure they're not his first stop. Spend at least 10 minutes fooling around before he goes there. The more turned on you are, the more blood will be flowing to your nipples, heightening their responsiveness. Lubrication also increases sensitivity, so if he's touching them with his fingers, he should wet them with his tongue or use lube. Also, encourage him to multitask. If he stimulates other hot spots (your inner thighs, your clitoris) at the same time as your nipples, it should take your pleasure from *meh* to electrifying.

Meet the Sex Doc

Yvonne K. Fulbright, PhD, is a certified sex educator and relationship expert. She's the author of several books, including *Sultry Sex Talk to Seduce Any Lover: Lust-Inducing Lingo and Titillating Tactics for Maximizing Your Pleasure.*

CHRIS CLINTON. (Fulbright) courtesy of subject.

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Need to Know

CRIME STORY

FROM THE FILES OF LINDA FAIRSTEIN

Predators wait for you to make a move that gives them the opportunity to strike.

Deadly Decisions

How Smart Women Put Themselves at Risk

Watching all the recent news reports of young women being abducted and murdered probably has you wondering—what can you do to avoid such an awful fate? Former New York sex-crimes prosecutor Linda Fairstein pinpoints three choices that can sometimes mean the difference between life and death.

The past few years, a shocking number of stories have hit the news about bright, savvy young women who have mysteriously disappeared. Most have had tragic endings, with bodies found in dumpsters or shallow graves. In some heartbreaking cases, their remains have not been located.

During my three decades as a prosecutor, I worked on scores of similar abduction cases. One of my goals was to change attitudes that historically blamed victims for their deaths. These were vibrant women with promising lives, and they weren't responsible for their own assault or murder.

Yet there is something to be learned from many of these terrible situations: A mere misstep or poorly thought-out decision can be enough to make you a magnet for danger. That's certainly true for three recent cases that have made national headlines. Pointing out what seem to be errors in judgment on the victim's part is not about holding them responsible for their fate—*not* blaming them for their victimization—but about showing other women how a seemingly inconsequential action puts them in the sights of a predator.

Deadly Decision

DITCHING YOUR FRIENDS AT NIGHT

Kenia Monge, a smart, gorgeous 19-year-old from Denver, was reportedly planning to attend college to become a crime-scene investigator. One night last March, she and her friends headed to a chic dance club in a trendy downtown neighborhood.

Kenia and her girlfriends were partying happily that night. During the evening, she excused herself from their table to go to the restroom. She left her purse, car keys, and phone with them, giving every indication that she planned to return, according to the Denver district attorney's office.

But Kenia never came back, and the next day, she was the focus of a police manhunt. A 31-year-old man named Travis Forbes was questioned by police early on after he left a message on Kenia's cell, picked up by her stepfather, asking if she had gotten home safely after he dropped her off. It took five months for police to gather enough evidence to nail Forbes, who confessed and led them to the grave he dumped Kenia's body into along a Colorado interstate.

What went wrong for this girl who seemed to have everything going for her? The alcohol she drank must have blurred her thinking and led her to make the error that endangered her life: breaking away from her friends and leaving the club with a guy—not Forbes—she'd just met. Minutes later, she was caught on surveillance tapes alone, no longer with the guy she'd left with, wandering between an apartment building and a hotel blocks from the club.

At one point, she went inside the hotel, used the restroom, and then walked back outside, directly into the path of Travis Forbes. That's when Kenia made a second

Photonica/Getty Images

While she was passed out, her attacker made sexual advances toward her then strangled her to death.

Separated from her friends, Kenia Monge accepted a ride from a killer (Forbes, at right).

decision that sealed her fate: accepting a ride from Forbes and getting into his van. Perhaps Kenia felt safe with him, thanks to Forbes's clean-cut appearance and good manners. Maybe she thought it was easier to take him up on his offer than try to figure out how to get back to her friends.

Forbes's confession fills in the blanks on what happened next: Inside his van, Kenia passed out, at which point Forbes made sexual advances toward her. She scuffled with him upon coming to. He strangled her to death.

Every time I encountered a circumstance like this as a prosecutor, I wanted to turn back the clock so someone could have been with the victim at the moment her vulnerability intersected with a bad guy's opportunity. I wanted to put an arm around her and warn, "You can't get into the car with him. Find your friends. Sober up, and let them take you home."

In every Cosmo article I've written on this subject, I implore friends who go out together to form a buddy system. If someone has had too much to drink, pay special attention to her. Accompany her to the restroom or take her home in a taxi if she wants to leave. Keep tabs on how long she's gone, because if she appears vulnerable to you, she will also be vulnerable to anyone looking to do her harm.

Deadly Decision

NOT STRUGGLING WITH AN ABDUCTOR

Just because you don't go clubbing or drink excessively doesn't mean you can't be victimized. Consider the case of Holly Bobo, a 20-year-old nursing student kidnapped from outside her Tennessee home last April.

Holly, who lived with her family on the edge of a wooded area, was apparently confronted by a man as she approached her car next to her house at 7:30 a.m. Holly's brother Clint, 25, was inside the house at the time; he told investigators he looked out a window and saw her being led into the woods by a man clad in camouflage—not unusual, since it was hunting season.

Because Clint couldn't see the man's face, he assumed that it must have been Holly's boyfriend, Drew. But in the driveway about 10 minutes later, Clint found a small pool of blood and called the police. The lunch Holly had packed was later recovered a few miles away in the woods. Holly herself had vanished, possibly abducted by a stranger (at press time, there were no suspects or traces of Holly's remains).

One question I am often asked is if women should struggle with their abductor, whether on a busy street or in a remote area, like the land behind Holly's home. In general, the collective wisdom advises this: You scream or physically fight the attacker the best you can before he completely isolates you from other people. Although every situation is different, after you are isolated, it may be useless to resist, and it can put you in even greater jeopardy by agitating your attacker. However, if there's a chance that people might hear you if you make a commotion, you should.

From the evidence, it appears that Holly may have battled with her abductor. A neighbor reported hearing a yell from the direction of Holly's home. The blood Clint found suggests that if Holly made an effort to fight, it could have resulted in a serious injury to her. We don't know if Holly's injury then left her unable to struggle or if she made the conscious decision to stop fighting as this predator was taking her farther from her home.

Holly Bobo was led into the woods by a stranger.

I understand why, at any point, she may have decided to be docile and quiet. I've had victims tell me that because their assailant was

AP/Wide World (2)

armed, they chose not to alert neighbors or family members by screaming for fear that their loved ones would be put in harm's way too. Perhaps Holly was trying to shield Clint from danger.

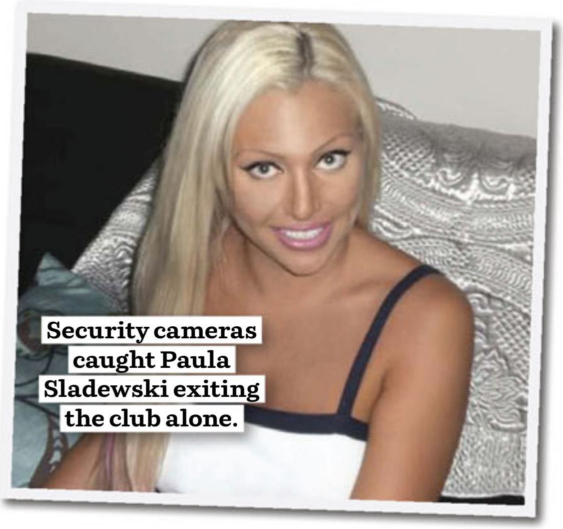
Victims can also feel a false sense of control when in a familiar environment. Because Holly was still in her yard, she may have thought she could pretend to cooperate then suddenly break free and run back to the house. But again, in general, a victim is better off trying to draw as much attention to herself as possible with people nearby rather than hope she can physically fend off a man likely to be bigger and more powerful.

Deadly Decision

STORMING OFF AFTER A PUBLIC FIGHT WITH YOUR GUY

A third situation that can put you in danger is a fight with a boyfriend in a public place that results in you and your guy parting ways. Strangers who witness the fight and realize you are alone may now see you as an easy target for something sinister.

I wish Paula Sladewski, a 26-year-old model and dancer from Michigan, had known of this risk. Paula got into a shouting match with her boyfriend, Kevin Klym, at a Miami club. The fight between Paula and Kevin, together for about two years, was so heated that bouncers threw Kevin out. He took a cab back to their South Beach hotel.



Security cameras caught Paula Sladewski exiting the club alone.

Paula stayed, and then the club's cameras caught her leaving hours later with a man walking behind her as she exited to the street. The next morning, when Paula didn't return to their hotel, Kevin reported her missing. Horrifically, her body was found that night, burned beyond recognition, in a smoldering trash bin in another Miami neighborhood. Two years have passed, and police still do not have a suspect. (Kevin is not considered a suspect, nor does Paula's family believe he is responsible, police say.)

What happened after Paula and her boyfriend separated for the night, a split observed by so many people? I've worked on cases in which women who have been assaulted or abducted under similar circumstances admitted that they started flirting with other guys around them as "payback" to the boyfriend or accepted help from a stranger—someone they felt falsely connected to because they'd been at the same party. Maybe a guy Paula flirted with offered to drive her back to her hotel to make up with Kevin, or maybe she thought she could make Kevin jealous by leaving with someone else.

Whatever decisions Paula made in the throes of an emotional and public quarrel with her man, the visible fight and Kevin's expulsion from the club left her vulnerable. Her story is gruesome and tragic, but by sharing it and the stories of other victims, I truly hope it prevents another young woman from making a bad decision that turns her into a target for a monster. ■

—Additional reporting by Amanda Tust

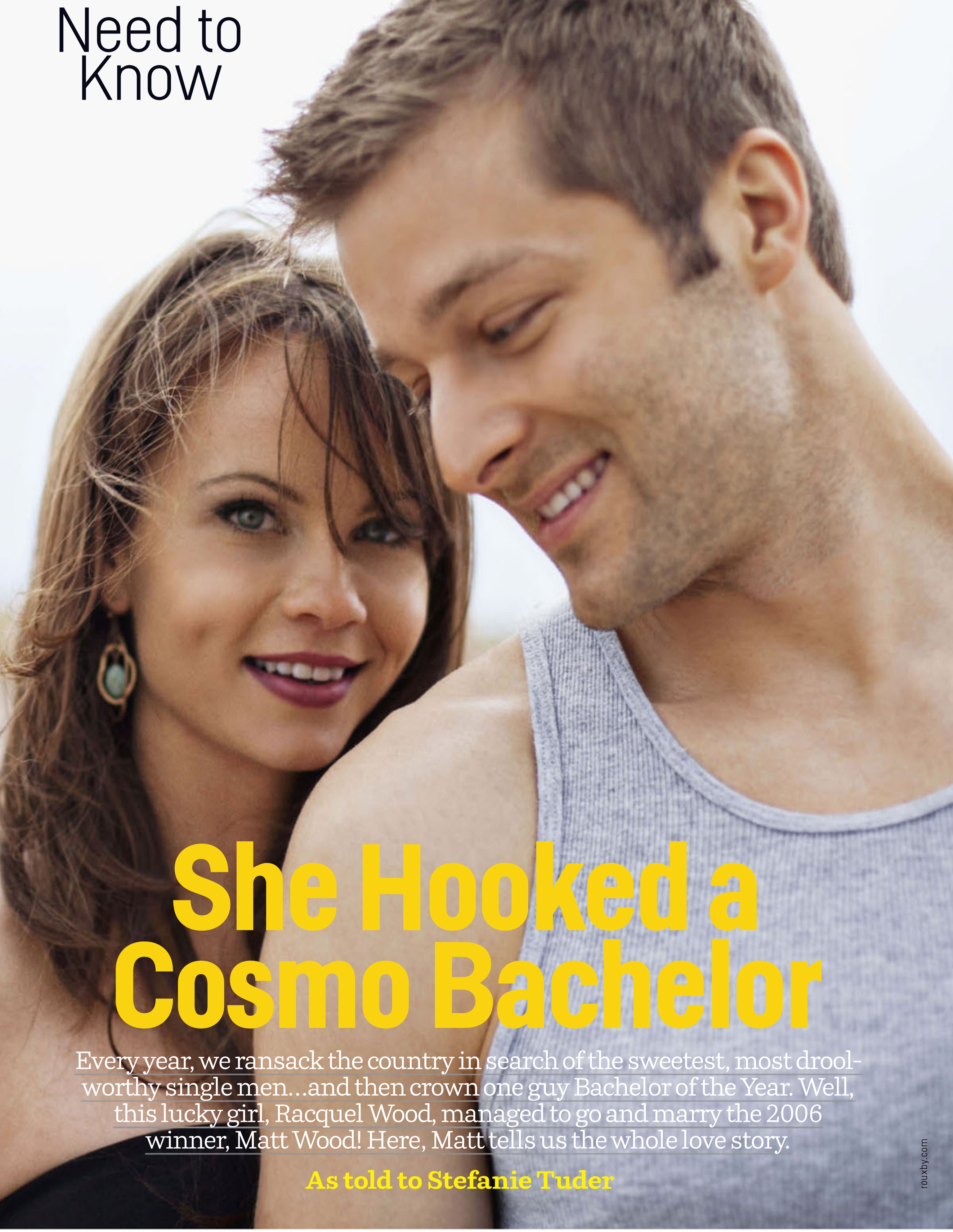
Linda Fairstein's latest thriller, *Silent Mercy*, will be out in paperback this May. Preorder it online now at amazon.com.

The Hidden Forces Behind Bad Choices

Beyond obvious causes such as drinking too much, these underlying factors can contribute to a sudden lapse in judgment.

- **You feel invincible.** Young women these days are more self-assured than ever before. That's awesome in terms of having the guts to go after goals, but believing that you can tackle absolutely anything all by yourself—even fending off a creep at a bar or getting home on your own late at night—leads you to put yourself in dicey scenarios.
- **Media reports numb you to reality.** The constant stream of fast-moving, blaring headlines about rape and murder on TV and online desensitizes viewers to the details of these crimes, stopping you from digging deeper and understanding why they happened...and if there's anything you could learn from them for your own personal safety.
- **A sheltered upbringing leads to risk taking.** Bright, successful women are often the products of parents hell-bent on shielding them from bad stuff in the outside world. That kind of protection helps you focus on school and rack up academic achievements, but it fails to provide any experience when it comes to feeling out dangerous situations.

SOURCE: PSYCHOLOGIST KRISTI KANEL, PHD, PROFESSOR AT CALIFORNIA STATE UNIVERSITY AT FULLERTON



She Hooked a Cosmo Bachelor

Every year, we ransack the country in search of the sweetest, most drool-worthy single men...and then crown one guy Bachelor of the Year. Well, this lucky girl, Racquel Wood, managed to go and marry the 2006 winner, Matt Wood! Here, Matt tells us the whole love story.

As told to Stefanie Tuder

rouxby.com

Man Hunt 2006
The Hottest Guys in the U.S.

The evolution of Matt: Half-naked bachelor, eager groom, hot new hubby

When I got the call from a Cosmo editor that I'd been selected as the Colorado Bachelor for the 2006 Bachelor of the Year contest, I was floored. I had grown up in a small town and worked as an IT guy, so the idea of being featured in a big magazine was huge. And then, when I actually won the contest, I was even more pumped....I was kind of famous!

I used the opportunity to move to Los Angeles to pursue the acting career I'd always dreamed of, and all of a sudden, hundreds of women from across the country were e-mailing me to ask me out. It was crazy. I honestly didn't go into the contest thinking I'd meet my soul mate—I actually was overwhelmed by the sheer number of potential dates—but all that changed when I got an e-mail from a woman in Georgia named Stephanie.

Stephanie told me she was writing on behalf of her friend Racquel, who had no idea she was contacting me. She thought Racquel and I would be perfect for each other because we both worked in IT during the week and also loved acting and music. I was intrigued. I thought Racquel must be pretty special if her friend went out of her way to set her up like this, so I e-mailed her back and told her to have Racquel contact me.

RISKY RENDEZVOUS

I liked Racquel's e-mail style right away—she was sweet and funny! We both got a huge kick out of the fact that we were in contact because of a bachelor contest in a national magazine. We soon switched from e-mail to instant messaging and started IMing each other and talking on the phone every single day. After five months of constant virtual flirting, we decided it was time finally to meet in Atlanta.

I was a little nervous she'd be different in person or it'd be awkward, but Racquel was everything I'd hoped she'd be: beautiful, smart, well-mannered—a true Southern belle. We started a long-distance relationship, flying across the country two or three times a month to see each other. The good-byes got harder and harder each time, and after a year, we couldn't stand being apart for a second longer. We decided to move to Colorado to be together. In February 2011, I popped the question...and she said yes!

BACHELOR NO MORE

As you can imagine, my brothers and guy friends totally rip on me for meeting my wife through the pages of a woman's magazine...they even nicknamed me Cosmo! And they especially enjoyed toasting me—okay, roasting me—at our wedding. They said stuff like "Who knew our very own Matt would go from small-town boy to big magazine hotshot?" and "Well, based on how they met, we don't have to worry about what *these* two are doing after the reception!" But it's all in good fun. We told the "how we met" tale at least 50 times on our wedding day and countless times after that...everyone thinks it's awesome. We're both so psyched to have found each other... and to have this be our story. ■

(Wedding pictures) rouxby.com. (*Cosmopolitan* magazines) **JESUS AYALA/STUDIO D.**

Matt's Not the Only One!

We're not bragging or anything (*really*), but at least two other Cosmo Bachelors have also met their wives through our contest....

Scott Winch

FLORIDA, 2004

Most Bachelors love to work the room at our annual party, but Scott actually met his wife, Valerie, at the bar. She lived in New York at the time, so they dated long-distance for three years until she moved to Florida and they got hitched.

COSMO MANHUNT The Hot Bachelors of 2008

Kyle Rudduck

ILLINOIS, 2008

Kyle's wife, Heather, spotted him on *Entertainment Tonight* with the other Bachelors, liked what she saw, and went for it by e-mailing him directly. Six months later, they got engaged and eventually tied the knot.

It couldn't have happened at a worse time for Erin.

> “Discovering the affair hurt, but my dad's refusal to admit the obvious truth was even more painful.”

PHOTO: LOREM IPSUM

“I Caught My Father Cheating”

Erin, 26, found out her dad was having an affair months before her own wedding. The betrayal caused their relationship—and her faith in happily-ever-after—to unravel.

By Erin Pastrana

My dad and I have always been tight, so when he told me he’d joined Facebook, I tried to friend him. After a year and a lot of needling, he finally accepted.

I began scrolling through his wall while bored at work. The first post was from a 40something named Vicki (not her real name), a thin brunette. Her photo showed her smiling, one hand cradling a glass of wine, her other arm wrapped around my dad’s shoulders. I’d never seen her before. A knot formed in my stomach when I thought of my mom, to whom he’d been married for 30 years.

I went to Vicki’s profile page. There were dozens of photos of her and my dad—walking her dog, sharing birthday cake, and most tellingly, a photo of them sitting at a table with the caption “third anniversary.”

No wonder he was reluctant to friend me: For at least three years, while pretending to be an upstanding husband and father, he was actually a cheater.

DEALING WITH THE SHOCK

That night, I told my fiancé, Christian. We’d been together for four years, so he knew my dad well...and he was also floored. I suppose it shouldn’t have been so surprising. My parents had a rocky marriage. My mom yelled at him and criticized him, and they were not affectionate. Yet they never separated. I assumed they were content with their situation.

Christian did his best to comfort me. I opened up to him about feeling angry and confused, but there was something I didn’t share: My long-buried distrust of relationships. Growing up, I had watched my parents hurt each other. That made me hesitant to date until I met Christian, who made me feel cherished from the start.

Now I was back in cynic mode, convinced marriage never works. If my father was capable of sneaking around, I worried that Christian could be too.

CONFRONTING MY FEARS

I knew I had to talk to my dad. So I Gchatted him links to Vicki’s albums and asked if they were a couple. “You can’t take what you see on Facebook seriously,” he replied calmly. Discovering the affair hurt, but his refusal to admit the truth was even more painful.

Informing my mother was tougher because she and I are not close. She’s always been a wild card emotionally, overreacting to minor things and ignoring major ones.

“Mom, there’s something you should know,” I e-mailed. “Dad is having an affair.” I sent the link to Vicki’s photo with him. Her reply: “Too bad she’s not prettier.” I wasn’t surprised by her cold reaction; her heartbreak probably occurred years before, when things with my dad soured. But it affected her more than she’d let on. Within a month, she had moved out of their house.

Reeling from my dad’s dishonesty and my own fear, I threw myself into planning my April 2012 wedding. Going over the guest list one day, I burst into tears. “I don’t know if I can get married,” I sobbed. “It’s bound to end. Let’s speed up the inevitable and break up now.” Christian kissed my wet cheeks. “I love you, Erin, and I wouldn’t do that to you,” he said. His words reminded me that our bond was nothing like my parents’.

After talking with my dad more (he still hasn’t admitted the affair, and he and my mom have no plans to separate legally), I don’t begrudge him for seeking affection outside his marriage. I’m happy he has someone the way I have Christian. I don’t understand my parents’ relationship, but I accept it. I’m focused on making mine, to the love of my life, the best I can. ■

Courtesy of subject

By Esther Crain

# Cosmo Fights Campus Rape

Our campaign to improve colleges' sexual-assault policies is in full swing—and we need your help!

Why You Should Join In

We're midway through our yearlong campaign, and although we've made progress, there's more work ahead. Here's why it's crucial that you become part of our efforts.

- **It's estimated that 1 in 5 female college students will be the victim of rape or attempted rape.**
- **Of those victims, less than 5 percent will report the crime.**
- **Colleges may try to downplay events and/or keep charges hidden, so their reputation won't be tarnished.**
- **Universities' underreporting of college sexual assault snagged Vice President Joe Biden's attention; in April 2011, Biden and the U.S. Department of Education reminded colleges they have a responsibility to investigate charges swiftly.**

WHAT WE'VE ACCOMPLISHED SO FAR

- *In conjunction with safer campus.org, the Campus Accountability Project (CAP) database has published sexual-assault policies for* ***233*** *colleges across the U.S. and Canada.*
- *We've surpassed* ***2,500*** *signatures on the Campus SaVE Act petition. Next up: scoring* ***5,000****. The SaVE Act would mandate that schools appropriately deal with sexual assault.*

TAKE ACTION NOW:

Log on to **cosmopolitan.com/campus-rape** to upload your school's sexual-assault policy and analyze it according to SAFER's guidelines. Want Cosmo to help track down and publish your school's policy? Tweet the name of your college to **@CosmoOnline** with the hash tag **#CosmoFightsCampusRape**. And while you're on our site, sign the Campus SaVE Act petition!

Be part of the solution.

THE PENN STATE SCANDAL: ENDING THE CULTURE OF SILENCE

Could a cover-up happen on your campus?

You've no doubt heard the details last November: An ex–assistant football coach, Jerry Sandusky, allegedly sexually assaulted several boys, including one in a campus locker room. A witness reportedly told higher-ups, yet the event was never brought to the attention of police. Only now, a decade later, is the incident being investigated.

Sadly, it's just one more example of the lack of justice that often happens when rape is reported on campus. And it echoes the results of a *Chicago Tribune* survey of six universities, which found that a mere 7 percent of their college-rape accusations since 2005 resulted in arrest.

"The Penn State scandal demonstrates that colleges continue to prioritize their image over student safety," says Colby Bruno, managing attorney of the Victim Rights Law Center.

As shameful as what happened at Penn State appears to be, there may be an upside: The outcry is showing schools that they can no longer sweep allegations under the rug and expect to get away with it.

(Penn State) Jeremy Smith/Alamy. (Model) CHRIS CLINTON.

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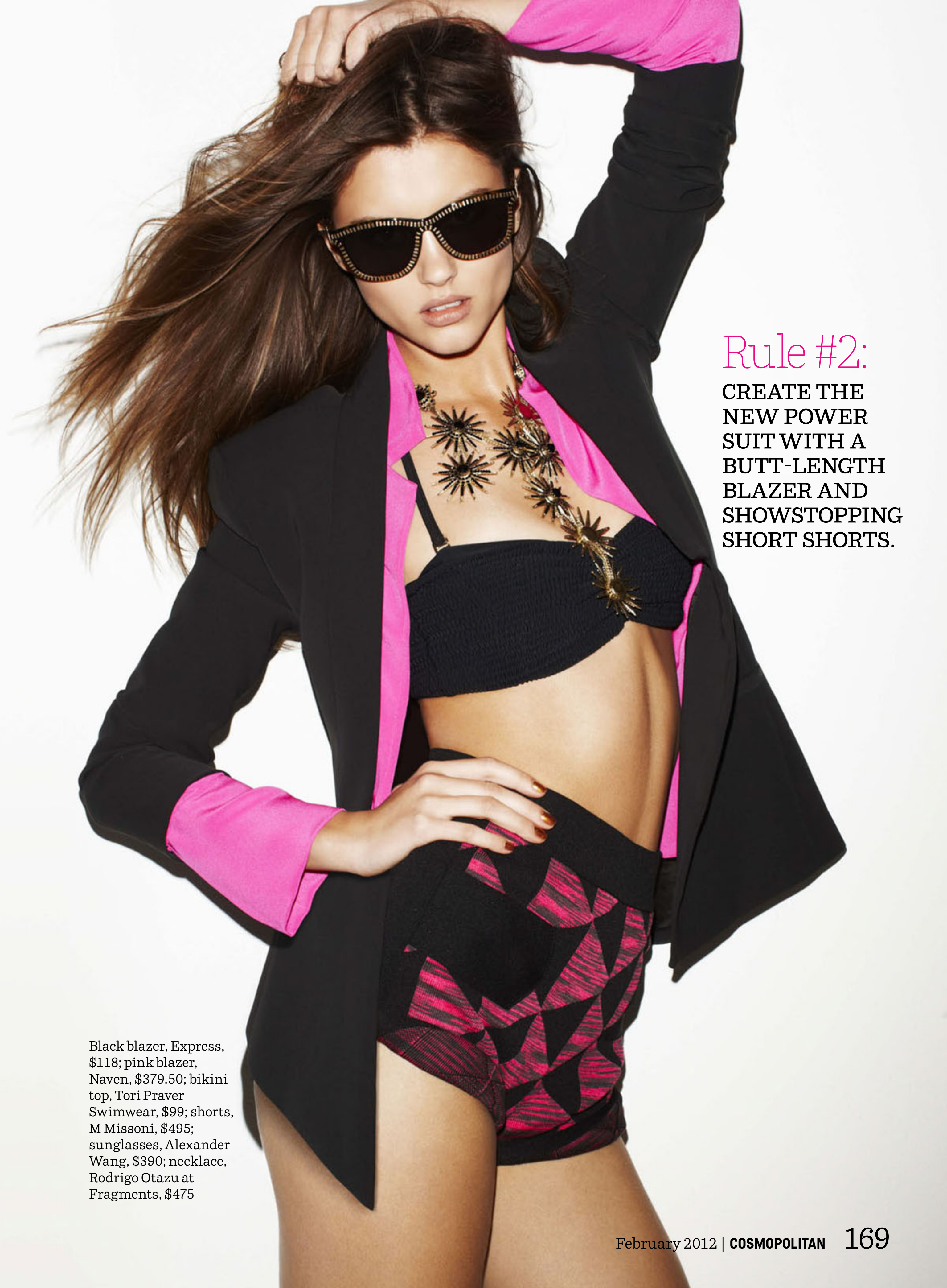
Rule #1:

FOR A KILLER DATE-NIGHT COMBO, PAIR AN EXTRA-LONG DRESS WITH SKY-HIGH HEELS.

Sexiness Redefined

THIS SEASON'S HEAD-TURNING FASHION TREND: LONG IS THE NEW SHORT. HERE'S HOW TO ROCK EIGHT GREAT LENGTHS AND RADIATE SERIOUS SEX APPEAL.

PHOTOGRAPHS BY FRANCISCO GARCIA



Rule #2:

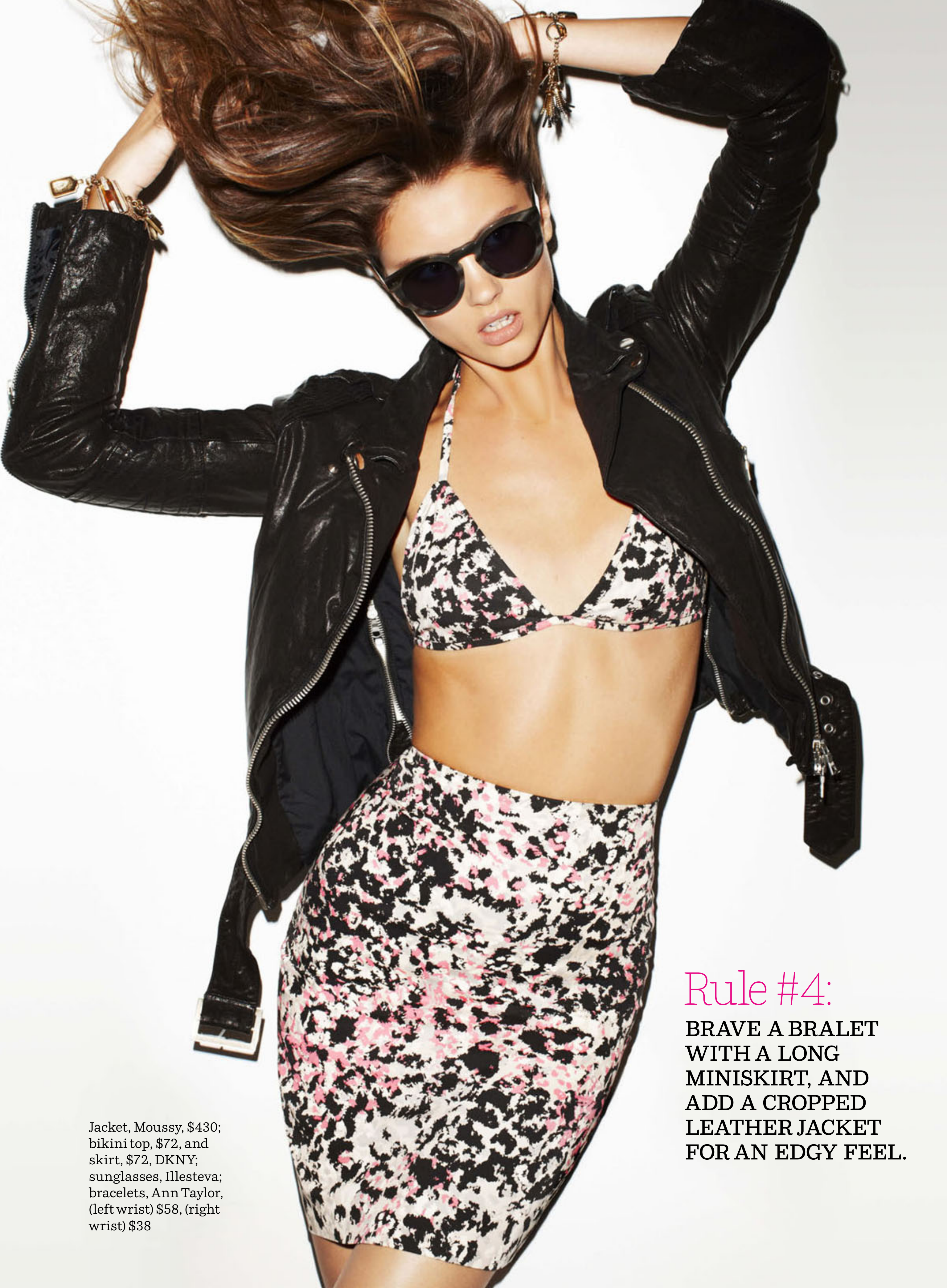
CREATE THE NEW POWER SUIT WITH A BUTT-LENGTH BLAZER AND SHOWSTOPPING SHORT SHORTS.

Black blazer, Express, $118; pink blazer, Naven, $379.50; bikini top, Tori Praver Swimwear, $99; shorts, M Missoni, $495; sunglasses, Alexander Wang, $390; necklace, Rodrigo Otazu at Fragments, $475

Rule #3:

TRY ANKLE-GRAZING PANTS, AND LET JUST YOUR SEXY PEEP TOES SHINE.

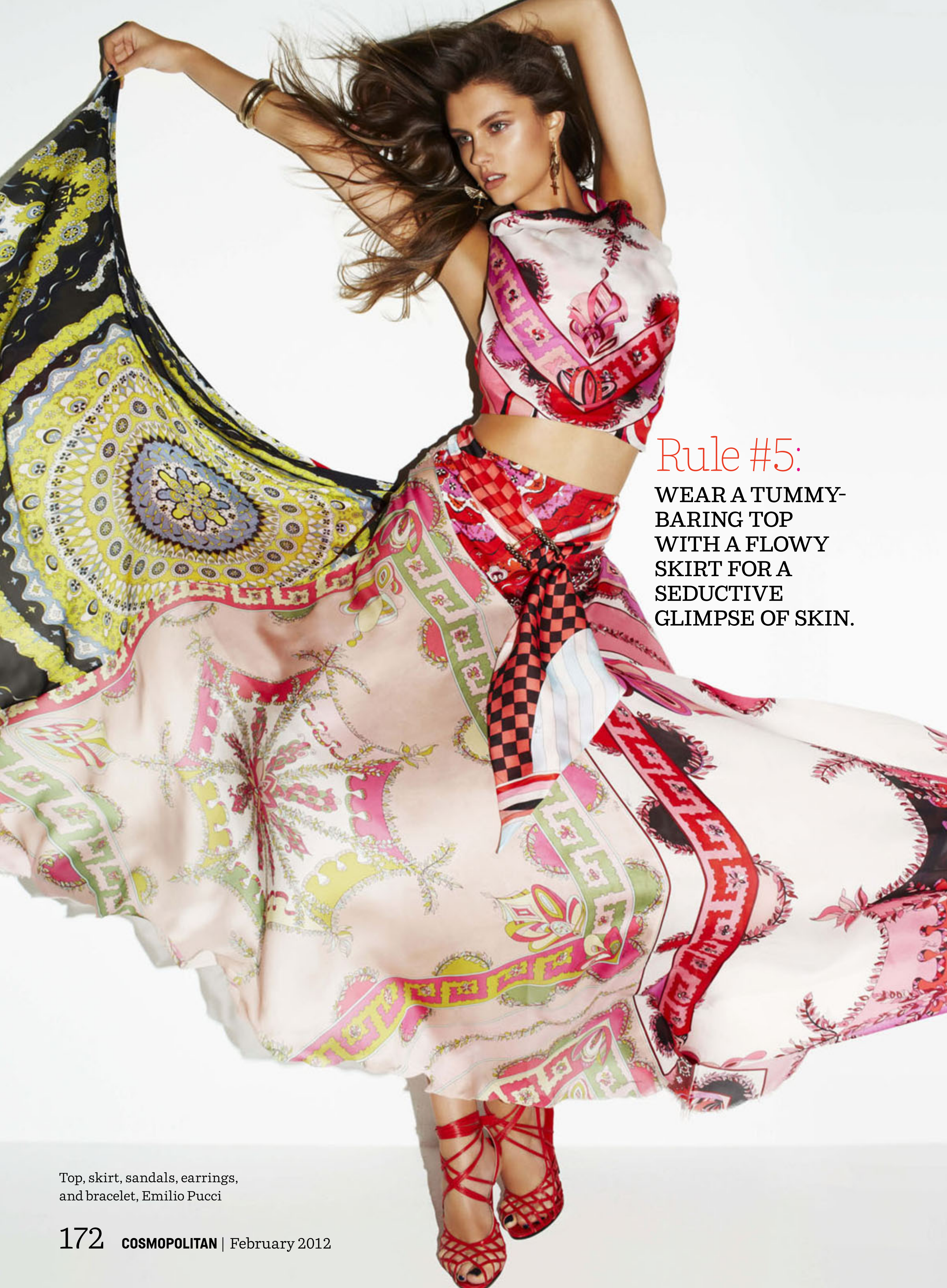
Tank top, Bill Blass, $395; pants, Express, $69.90; necklace and shoes, Louis Vuitton; bag, Salvatore Ferragamo



Rule #4:

BRAVE A BRALET WITH A LONG MINISKIRT, AND ADD A CROPPED LEATHER JACKET FOR AN EDGY FEEL.

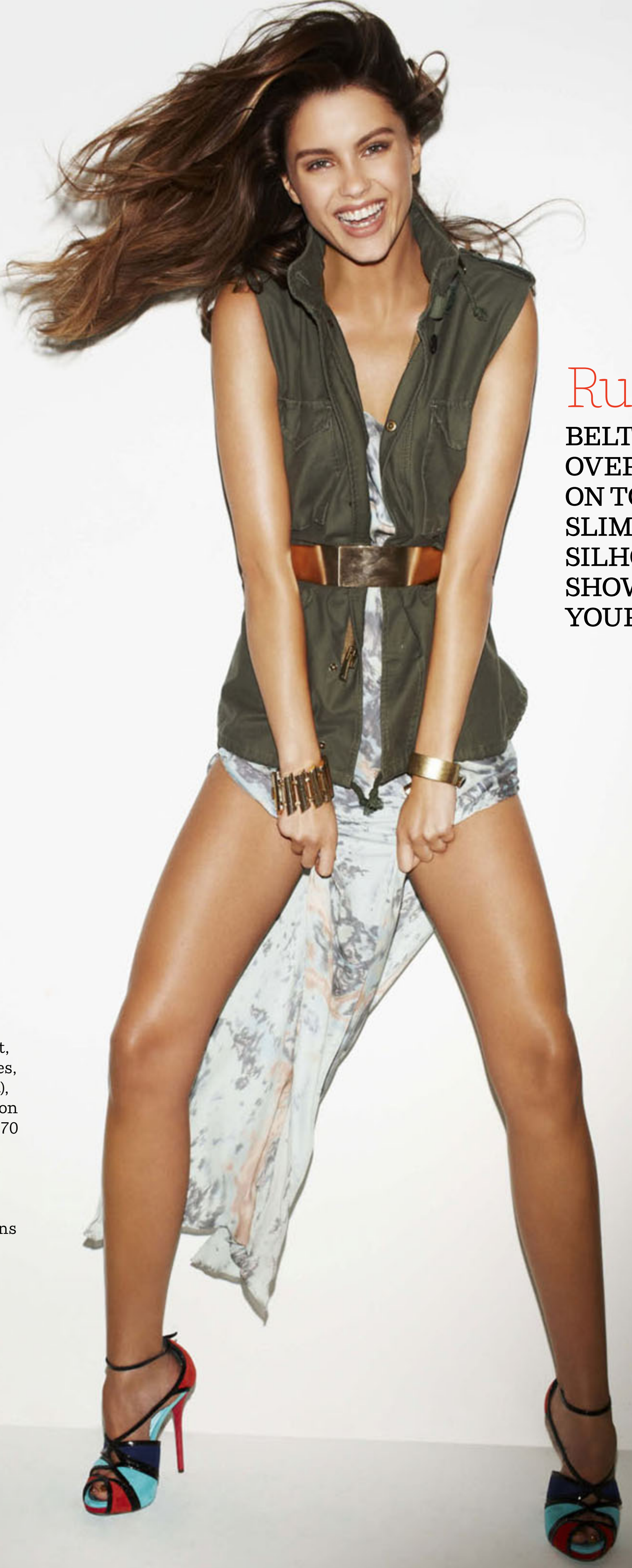
Jacket, Moussy, $430; bikini top, $72, and skirt, $72, DKNY; sunglasses, Illesteva; bracelets, Ann Taylor, (left wrist) $58, (right wrist) $38



Rule #5:

WEAR A TUMMY-BARING TOP WITH A FLOWY SKIRT FOR A SEDUCTIVE GLIMPSE OF SKIN.

Top, skirt, sandals, earrings, and bracelet, Emilio Pucci

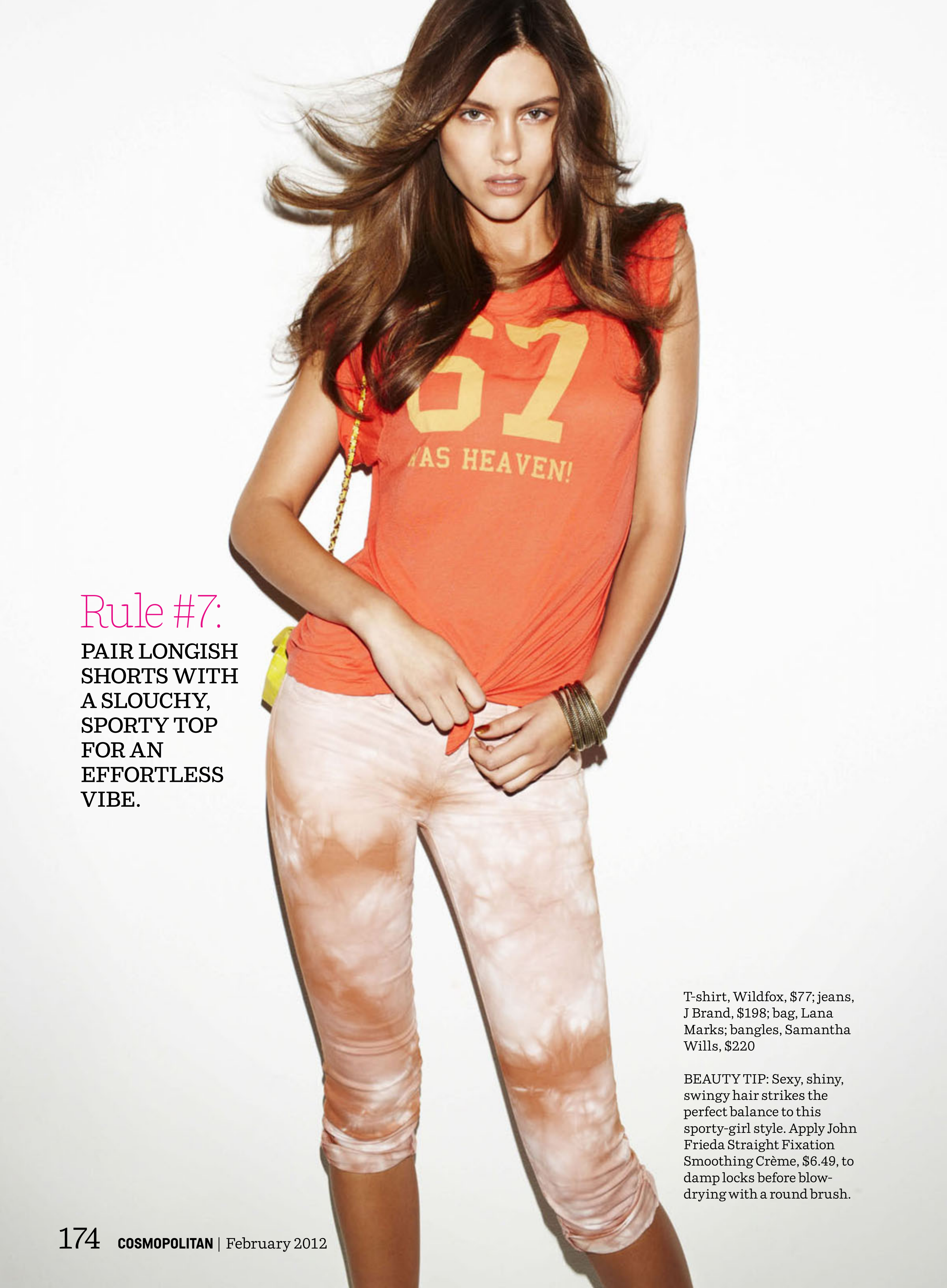


Rule #6:

BELT AN OVERSIZE VEST ON TOP OF A SLIM-FITTING SILHOUETTE TO SHOWCASE YOUR CURVES.

Vest, Moussy, $99; dress, Rebecca Minkoff, $298; belt, Matthew Williamson; shoes, Dior; bracelet (on left wrist), Lia Sophia, $350; bracelet (on right wrist), Ben-Amun, $370

BEAUTY TIP: Who doesn't want skin this glowy and gorgeous? Get it with an allover application of Jergens Natural Glow Revitalizing Daily Moisturizer, $8.99.



Rule #7:

PAIR LONGISH SHORTS WITH A SLOUCHY, SPORTY TOP FOR AN EFFORTLESS VIBE.

T-shirt, Wildfox, $77; jeans, J Brand, $198; bag, Lana Marks; bangles, Samantha Wills, $220

BEAUTY TIP: Sexy, shiny, swingy hair strikes the perfect balance to this sporty-girl style. Apply John Frieda Straight Fixation Smoothing Crème, $6.49, to damp locks before blow-drying with a round brush.

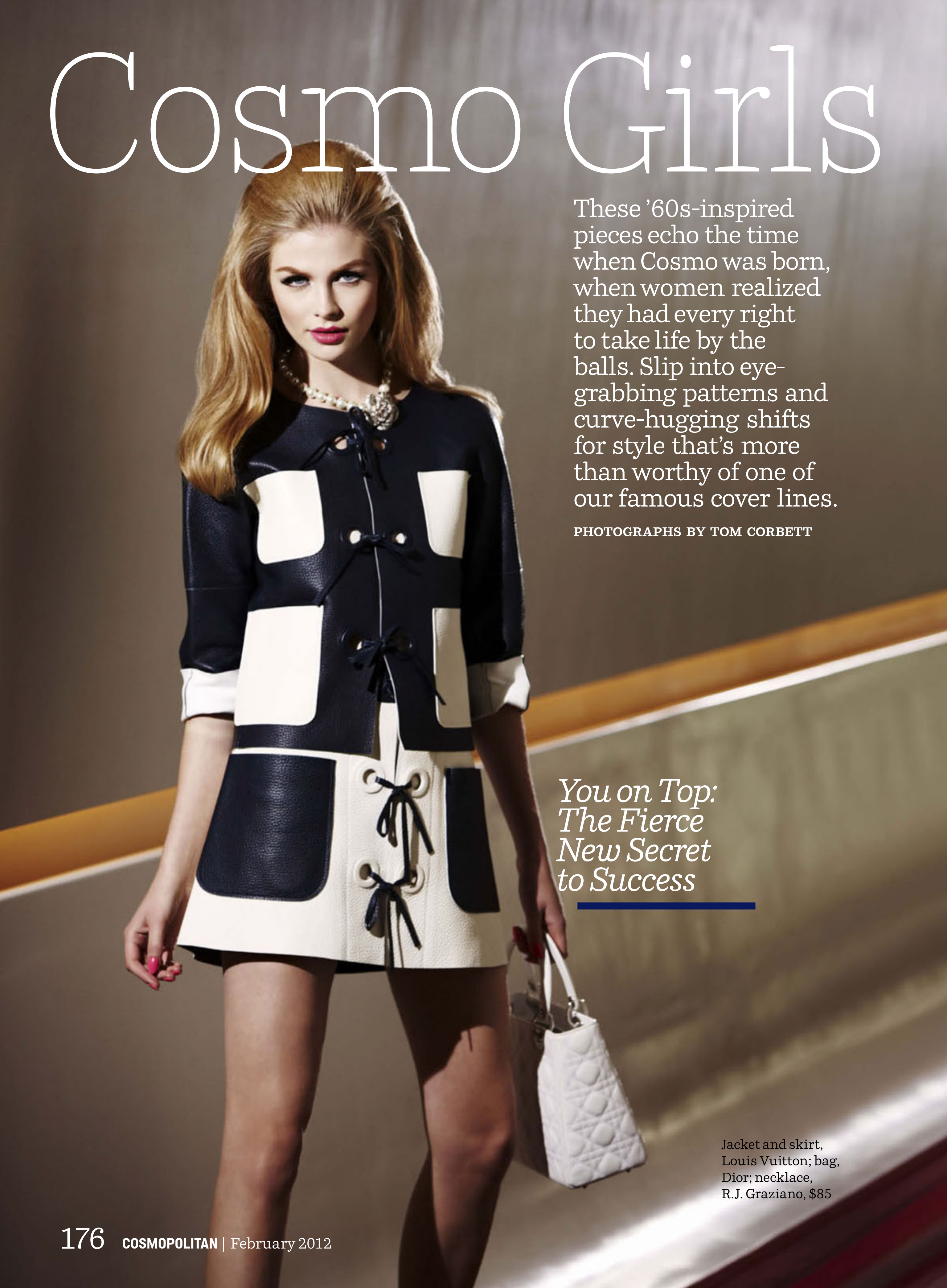
Rule #8:

GO FOR A MULLET DRESS. IT'S SHORT IN THE FRONT AND LONG IN THE BACK, LETTING YOUR LEGS TAKE CENTER STAGE.

Dress, Bebe, $189; belt, Alexander McQueen, $495; shoes, Dior; necklace, House of Lavande, $548; bracelets (on left wrist, from top), Samantha Wills, $165; Ben-Amun, $105; bracelets (on right wrist, from top), Maison Martin Margiela; Ben-Amun, $105

Senior fashion and beauty editor: Rebecca Hessel Cohen
Hair: Wesley O'Meara using Tresemmé at The Wall Group
Makeup: Lottie at Atelier Management for DiorShow
Manicure: Liang at Atelier Management for Dior Vernis
Model: Anett Griffel/ Marilyn NY

See page 214 for shopping information.



Cosmo Girls

These ’60s-inspired pieces echo the time when Cosmo was born, when women realized they had every right to take life by the balls. Slip into eye-grabbing patterns and curve-hugging shifts for style that’s more than worthy of one of our famous cover lines.

PHOTOGRAPHS BY TOM CORBETT

You on Top: The Fierce New Secret to Success

Jacket and skirt, Louis Vuitton; bag, Dior; necklace, R.J. Graziano, $85

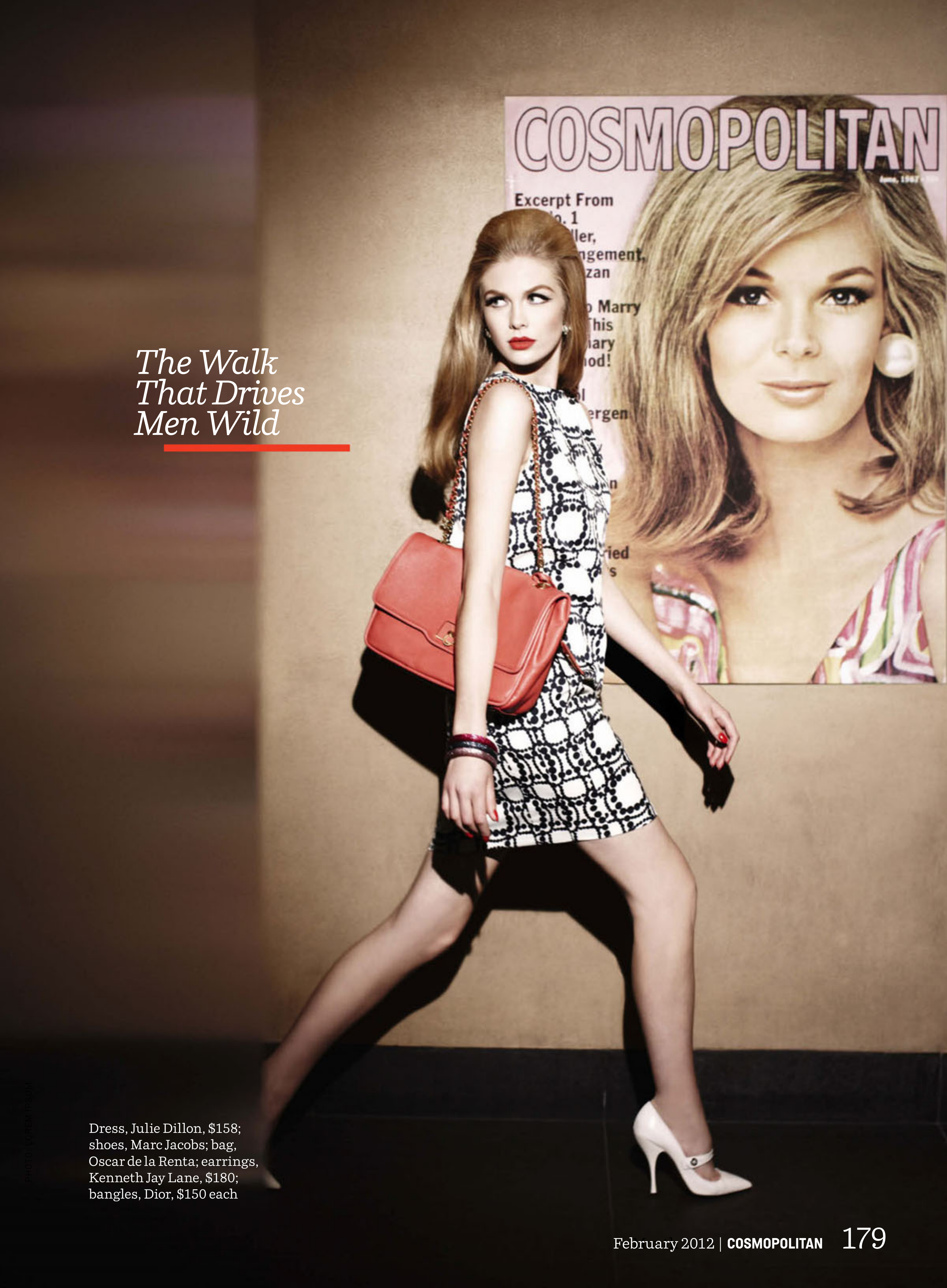
Feel Happier (and Sexier) on Your Most Crazed Days

(From left) dress, J.Crew, $198; shoes, Roger Vivier, $645; earrings, Kenneth Jay Lane, $50; bracelet, House of Lavande, $398; top, Raoul, $205; pants, ASOS, $66; shoes, Brian Atwood, $595; headband, France Luxe, $38; earrings, Rahaminov for Forevermark; bracelet, R.J. Graziano, $175; bag (on coat rack), Emilio Pucci; dress, Adrianna Papell, $118; shoes, Marc Jacobs, $645; bag (on floor), Dior; earrings, Van Cleef & Arpels; cuff, R.J. Graziano, $85; bracelet, Tacori

Make People Adore You With These Subliminal Tricks

Dress, Milly, $440; earrings, $40, and necklace, $40, Kenneth Jay Lane; ring, Unique Vintage, $10

BEAUTY TIP: For bombshell hair that lasts long after office hours, tease and mist in place with Aussie Opposites Attract Hair Spray, $3.25; it leaves hair soft, not stiff.


COSMOPOLITAN
Excerpt From

The Walk That Drives Men Wild

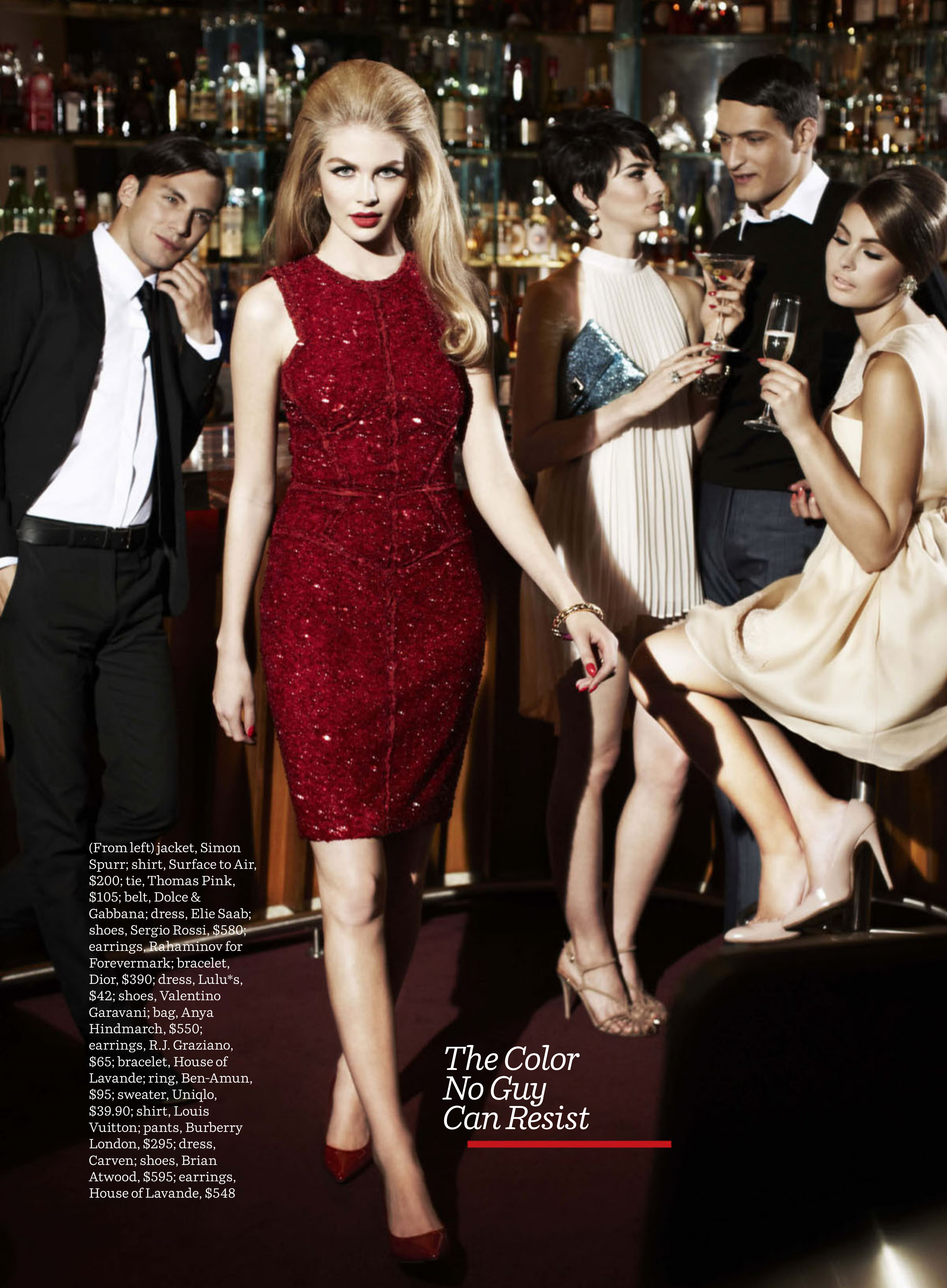
Dress, Julie Dillon, $158;
shoes, Marc Jacobs; bag,
Oscar de la Renta; earrings,
Kenneth Jay Lane, $180;
bangles, Dior, $150 each

PHOTO: LOREM IPSUM

This Makeup Flirts for You

Dress, H&M, $39.95; earrings, $50, and necklace, $50, Kenneth Jay Lane

BEAUTY TIP: Rock this traffic-stopping look by matching your mouth and mani. Swipe YSL Rouge Pur Couture Lipstick in Le Fuchsia, $30, across lips and OPI in You're a Pisa Work, $8.50, over tips.



The Color No Guy Can Resist

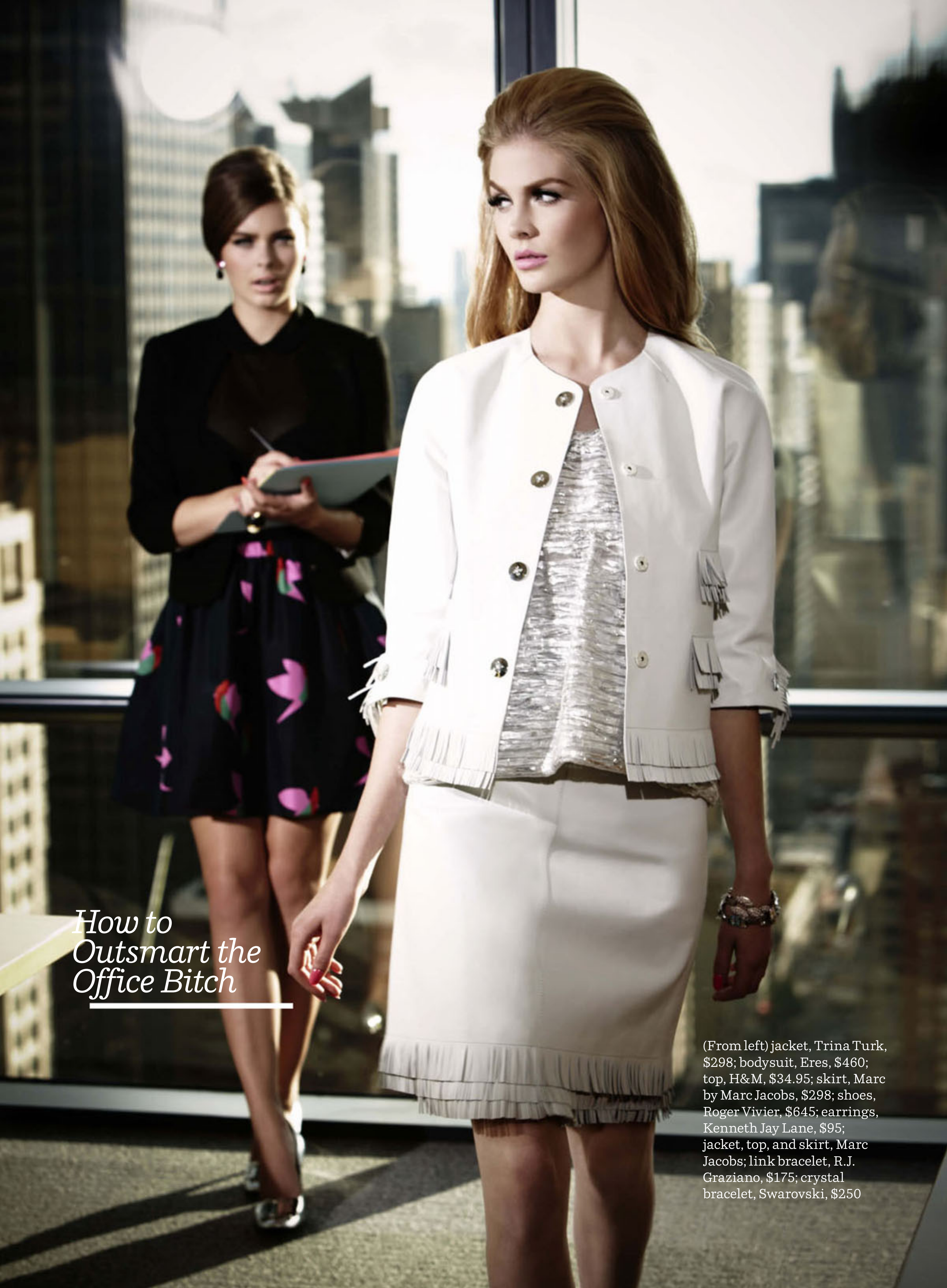
(From left) jacket, Simon Spurr; shirt, Surface to Air, $200; tie, Thomas Pink, $105; belt, Dolce & Gabbana; dress, Elie Saab; shoes, Sergio Rossi, $580; earrings, Rahaminov for Forevermark; bracelet, Dior, $390; dress, Lulu*s, $42; shoes, Valentino Garavani; bag, Anya Hindmarch, $550; earrings, R.J. Graziano, $65; bracelet, House of Lavande; ring, Ben-Amun, $95; sweater, Uniqlo, $39.90; shirt, Louis Vuitton; pants, Burberry London, $295; dress, Carven; shoes, Brian Atwood, $595; earrings, House of Lavande, $548

Gutsy Moves That Will Make Your Life Awesome

Dress, H&M, $39.95; bag, Bulgari; earrings, $50, and necklace, $50, Kenneth Jay Lane; bracelet, House of Lavande, $568; sunglasses, Dior

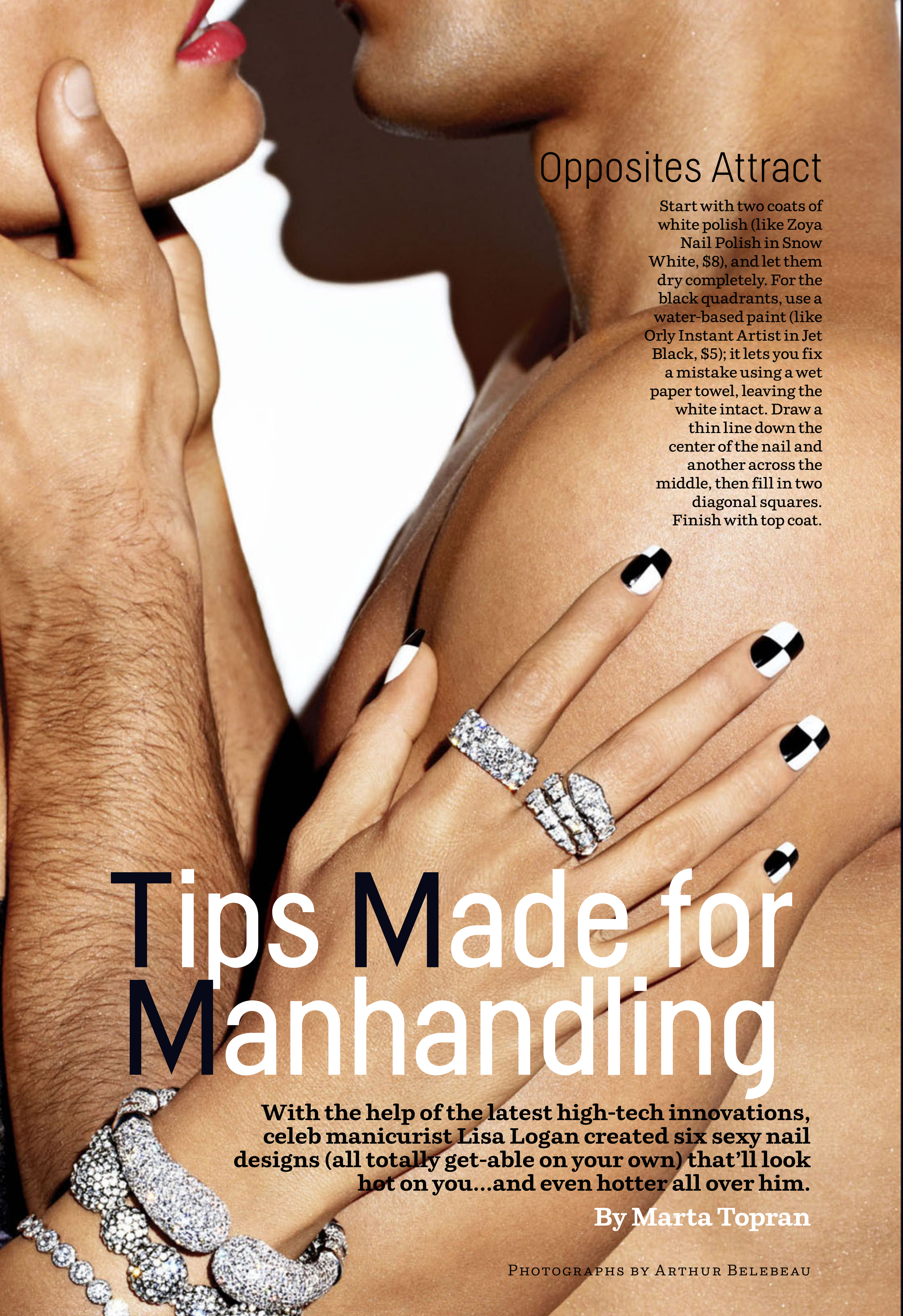
Fashion director: Michelle McCool
Hair: Alberto Guzman for Tresemmé at raybrownpro.com
Makeup: Renee Garnes for Lancôme at Artists by Next
Manicure: Olya Titova for NARS Cosmetics at Judy Casey Inc.
Prop stylist: Robert Sumrell for Walter Schupfer Management
Models: Sigrun/Wilhelmina; Amanda Streich/Muse NY; Rachele Schank/Women Direct; Remy Baquiche/Q Management; Matheus Strapasson/Next Models

See page 214 for shopping information.



How to Outsmart the Office Bitch

(From left) jacket, Trina Turk, $298; bodysuit, Eres, $460; top, H&M, $34.95; skirt, Marc by Marc Jacobs, $298; shoes, Roger Vivier, $645; earrings, Kenneth Jay Lane, $95; jacket, top, and skirt, Marc Jacobs; link bracelet, R.J. Graziano, $175; crystal bracelet, Swarovski, $250



Tips Made for Manhandling

With the help of the latest high-tech innovations, celeb manicurist Lisa Logan created six sexy nail designs (all totally get-able on your own) that'll look hot on you...and even hotter all over him.

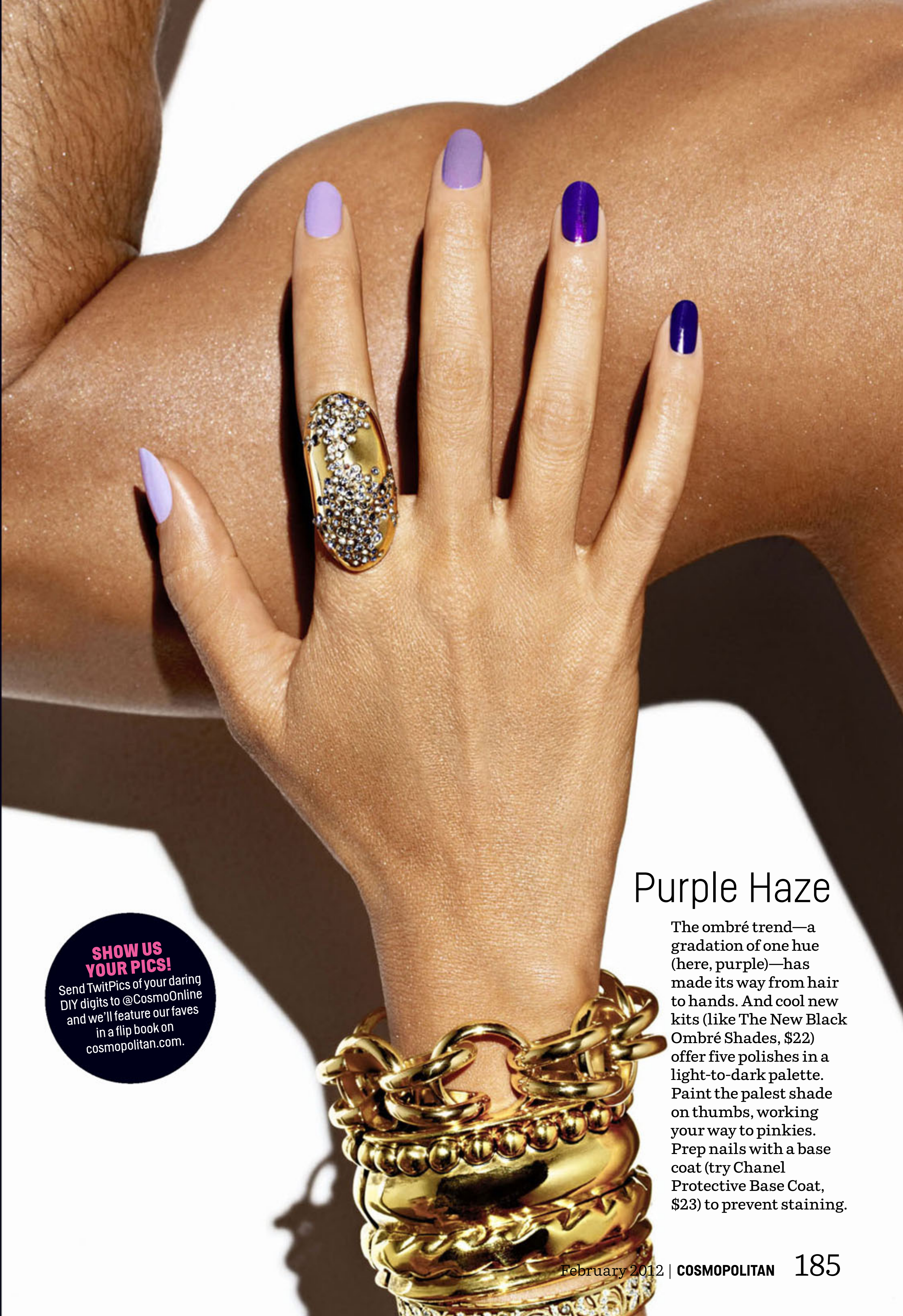
By Marta Topran

PHOTOGRAPHS BY ARTHUR BELEBEAU

Opposites Attract

Start with two coats of white polish (like Zoya Nail Polish in Snow White, $8), and let them dry completely. For the black quadrants, use a water-based paint (like Orly Instant Artist in Jet Black, $5); it lets you fix a mistake using a wet paper towel, leaving the white intact. Draw a thin line down the center of the nail and another across the middle, then fill in two diagonal squares. Finish with top coat.

Rings (from left): A. Link for Forevermark; Bulgari; bracelets (from top): Jennifer Miller Jewelry (2); Ritani.

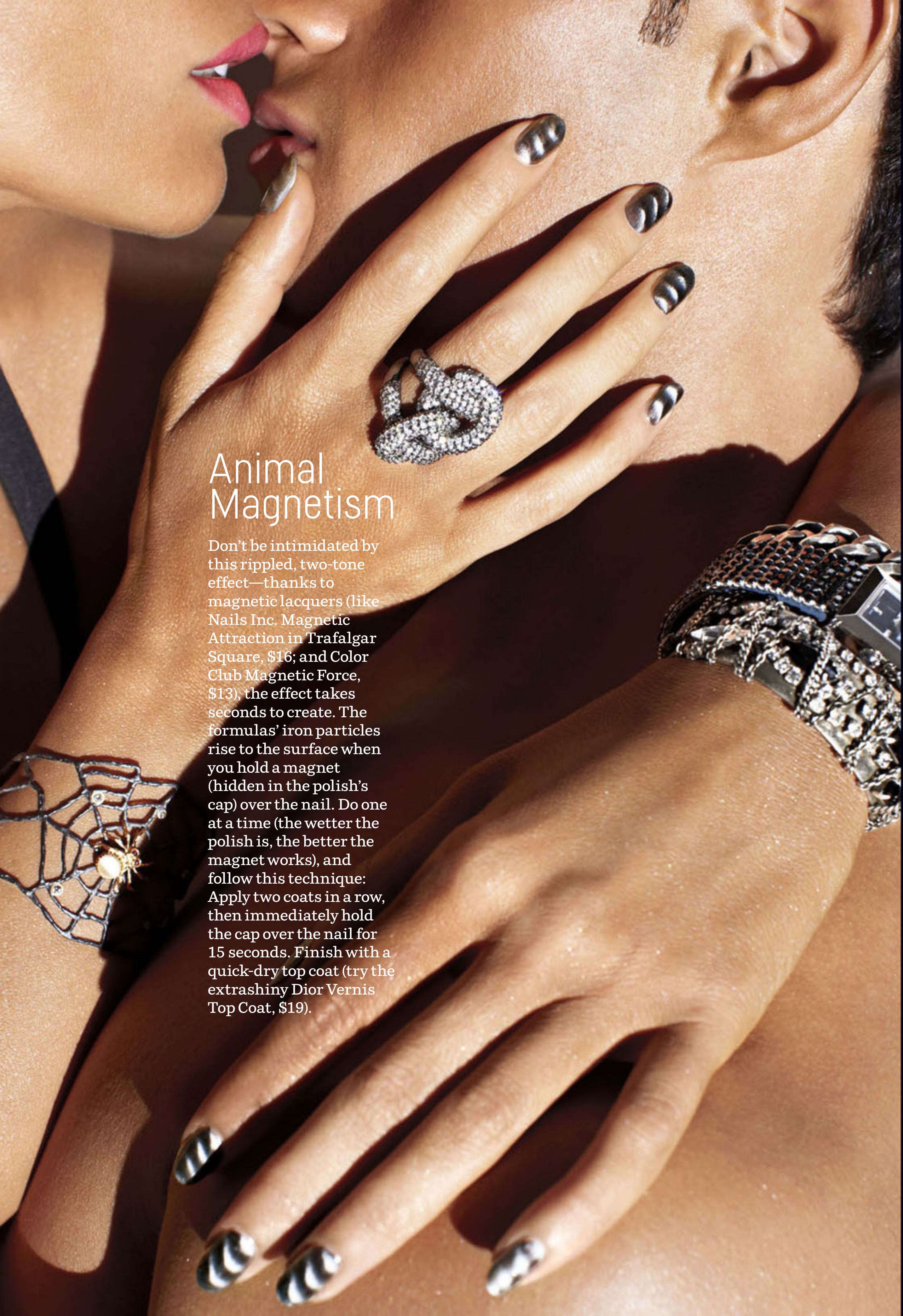


Purple Haze

The ombré trend—a gradation of one hue (here, purple)—has made its way from hair to hands. And cool new kits (like The New Black Ombré Shades, $22) offer five polishes in a light-to-dark palette. Paint the palest shade on thumbs, working your way to pinkies. Prep nails with a base coat (try Chanel Protective Base Coat, $23) to prevent staining.

SHOW US YOUR PICS!
Send TwitPics of your daring DIY digits to @CosmoOnline and we'll feature our faves in a flip book on cosmopolitan.com.

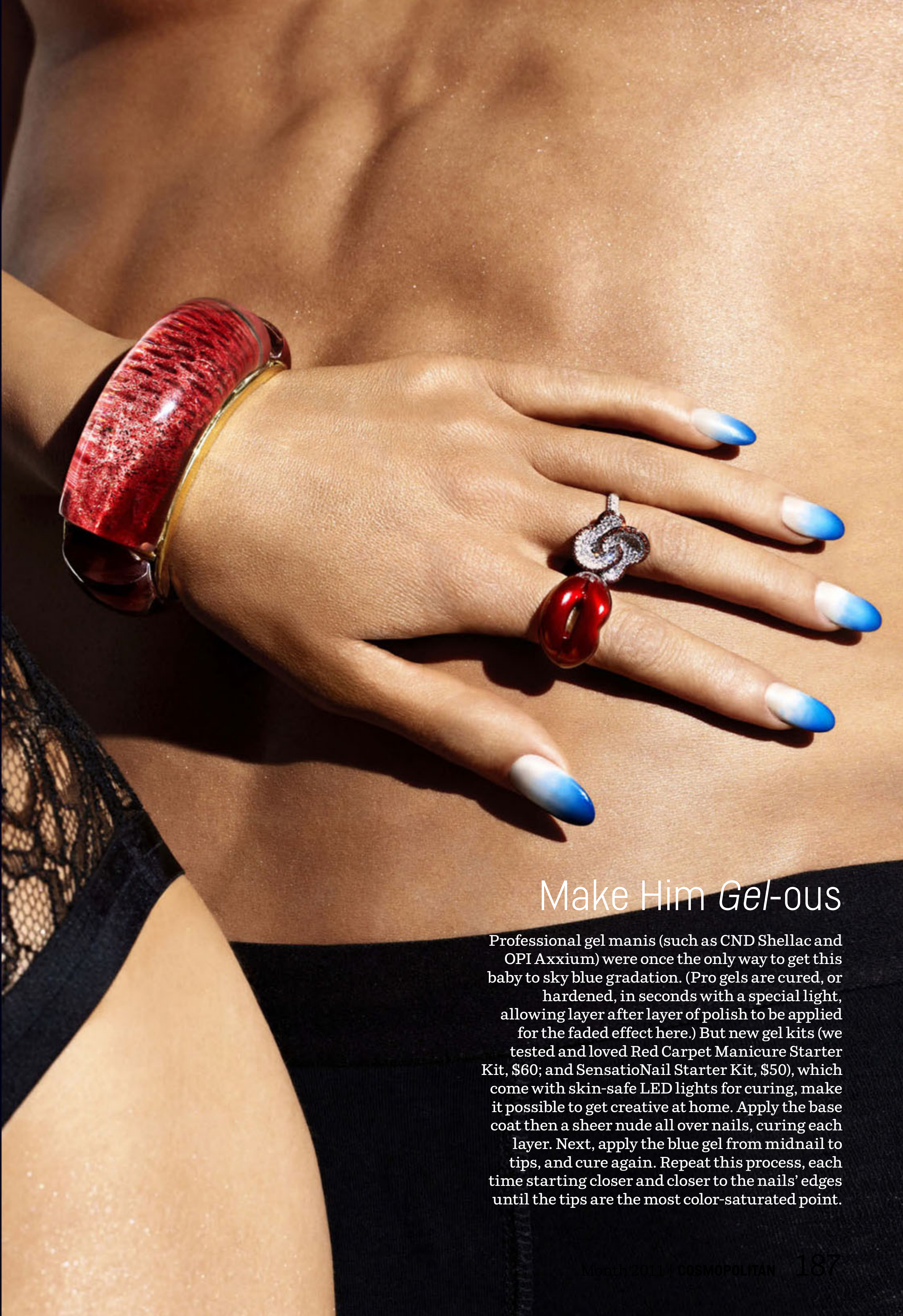
Ring: Alexis Bittar; bracelets (from top): Vita Fede for Jennifer Miller Jewelry; Kenneth Jay Lane; Tacori.



Animal Magnetism

Don't be intimidated by this rippled, two-tone effect—thanks to magnetic lacquers (like Nails Inc. Magnetic Attraction in Trafalgar Square, $16; and Color Club Magnetic Force, $13), the effect takes seconds to create. The formulas' iron particles rise to the surface when you hold a magnet (hidden in the polish's cap) over the nail. Do one at a time (the wetter the polish is, the better the magnet works), and follow this technique: Apply two coats in a row, then immediately hold the cap over the nail for 15 seconds. Finish with a quick-dry top coat (try the extrashiny Dior Vernis Top Coat, $19).

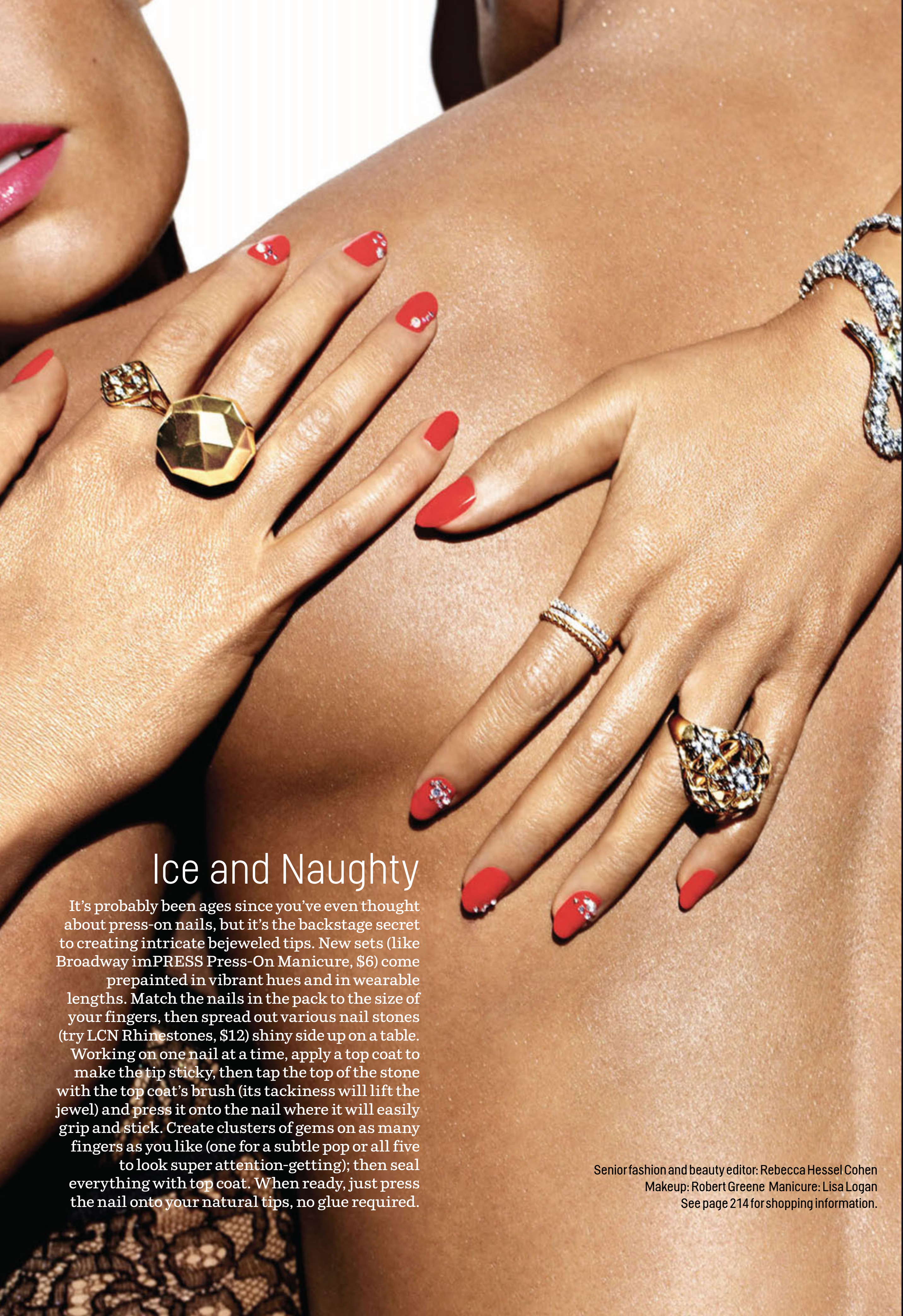
Ring: Jennifer Miller Jewelry; bracelet (on right wrist): Anna Ruth Henriques; bracelets (on left wrist, from top): DANNIJO (2); watch: Swarovski.



Make Him *Gel*-ous

Professional gel manis (such as CND Shellac and OPI Axxium) were once the only way to get this baby to sky blue gradation. (Pro gels are cured, or hardened, in seconds with a special light, allowing layer after layer of polish to be applied for the faded effect here.) But new gel kits (we tested and loved Red Carpet Manicure Starter Kit, \$60; and SensatioNail Starter Kit, \$50), which come with skin-safe LED lights for curing, make it possible to get creative at home. Apply the base coat then a sheer nude all over nails, curing each layer. Next, apply the blue gel from midnail to tips, and cure again. Repeat this process, each time starting closer and closer to the nails' edges until the tips are the most color-saturated point.

Pantie: Undrest; bracelet: Kara by Kara Ross; rings (from top): Simon G; Solange Azagury-Partridge.



Ice and Naughty

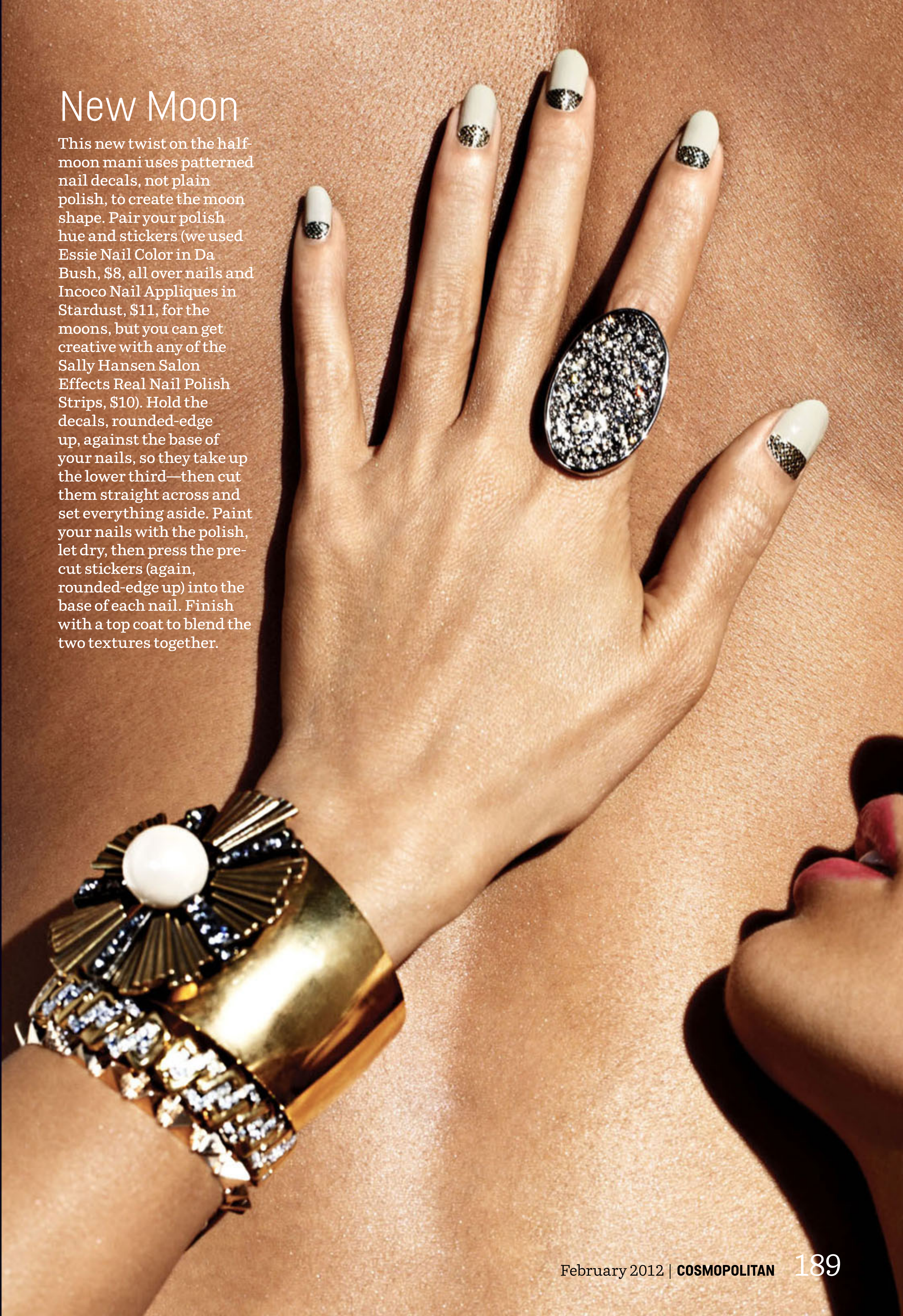
It's probably been ages since you've even thought about press-on nails, but it's the backstage secret to creating intricate bejeweled tips. New sets (like Broadway imPRESS Press-On Manicure, $6) come prepainted in vibrant hues and in wearable lengths. Match the nails in the pack to the size of your fingers, then spread out various nail stones (try LCN Rhinestones, $12) shiny side up on a table. Working on one nail at a time, apply a top coat to make the tip sticky, then tap the top of the stone with the top coat's brush (its tackiness will lift the jewel) and press it onto the nail where it will easily grip and stick. Create clusters of gems on as many fingers as you like (one for a subtle pop or all five to look super attention-getting); then seal everything with top coat. When ready, just press the nail onto your natural tips, no glue required.

Senior fashion and beauty editor: Rebecca Hessel Cohen
Makeup: Robert Greene Manicure: Lisa Logan
See page 214 for shopping information.

Bra: Undrest; bracelets (from top): Ritani; House of Lavande; rings (on both hands, from left): Hearts on Fire; H.Stern.

New Moon

This new twist on the half-moon mani uses patterned nail decals, not plain polish, to create the moon shape. Pair your polish hue and stickers (we used Essie Nail Color in Da Bush, $8, all over nails and Incoco Nail Appliques in Stardust, $11, for the moons, but you can get creative with any of the Sally Hansen Salon Effects Real Nail Polish Strips, $10). Hold the decals, rounded-edge up, against the base of your nails, so they take up the lower third—then cut them straight across and set everything aside. Paint your nails with the polish, let dry, then press the pre-cut stickers (again, rounded-edge up) into the base of each nail. Finish with a top coat to blend the two textures together.



Ring: Alexis Bittar for Jennifer Miller Jewelry; bracelets (from top): Lanvin; House of Lavande; Noir Jewelry.

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Lock Down Date Number Two

Of course, if he starts tickling you, it has to be promising.

One in four guys ***can tell if you're a keeper on the first date—so, uh, no pressure. We asked men for the stuff they pay attention to.***

THERE'S POTENTIAL

"There's nothing sexier than a woman who laughs a lot on a date."

—PATRICK M.

"I like it when a girl only lets me kiss her on a first date. It leaves me wanting so much more, and I'll call her to get it."

—CRAIG C.

"A woman who loves to try new foods is someone I know is open-minded and willing to step out of her comfort zone."

—ALAN M.

THERE'S NO CHANCE IN HELL

"This one girl I had a blind date with was so rude to our server—not cool."

—TIM M.

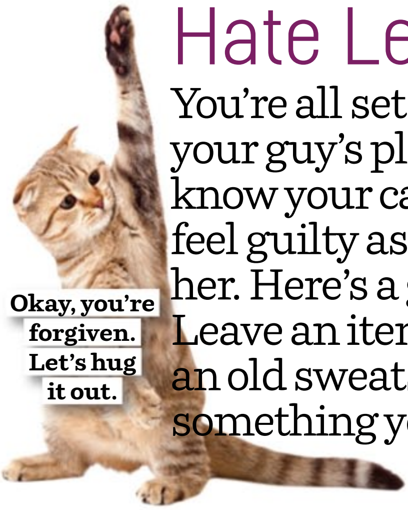
"I hate when women don't even at least offer to pay or split. I won't take her up on it, but it makes me think she just sees me as a big $ sign."

—DAVID T.

"When a woman gets drunk on a first date, I'm instantly turned off."

—DREW K.

Hate Leaving Kitty?



Okay, you're forgiven. Let's hug it out.

You're all set to spend the night at your guy's place, and although you know your cat is self-sufficient, you feel guilty as hell about abandoning her. Here's a great tip from experts: Leave an item of your clothing (like an old sweatshirt) so that she has something you-like to curl up with.

SOURCE: PET THERAPIST WARREN ECKSTEIN, AUTHOR OF *HOW TO GET YOUR CAT TO DO WHAT YOU WANT*

Sleep Like Royalty

When it's cold outside, nothing is more clutch than a cozy bed. We went to Philip D. Bailey, general manager of the Andaz hotel in West Hollywood—BTW, the Andaz was a temporary home to royal pantie-melter Prince Harry—for a tip on how to make your snooze spot irresistible: Get your sheets warm by zapping your pillowcases in the microwave for a few seconds. They will stay toasty for five minutes, by which time your body heat will kick in to keep you snug.

By Casey Gueren and Stefanie Tuder

(Couple) **CHRIS CLINTON.** Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Manicure: Kelly B. at Defacto for Chanel. Prop stylist: Robert Sumrell for Walter Schupfer Management. (On him) shirt: Jack Wills; jeans: Neuw. (On her) dress: Halston Heritage; earrings: Marcia Moran; bracelet: CC Skye. Photographed at Recette NYC. (Cat) fotolia.com. (Female model) **CHRIS CLINTON.**

Turn Him Into Man Mush

Research shows getting a massage can boost your immune system. This flu season, give your guy a cold-busting rubdown in the shower. Lube up your palms with shower gel, and rub in circular motions down his torso. Be sure to focus on the hips and glutes—where men hold most of their tension.

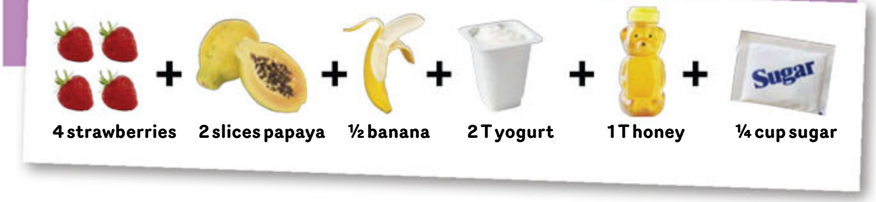
SOURCE: LICENSED MASSAGE THERAPIST KENNETH MAXWELL ELCHERT

Your magic fingers can do more for him than a multivitamin.

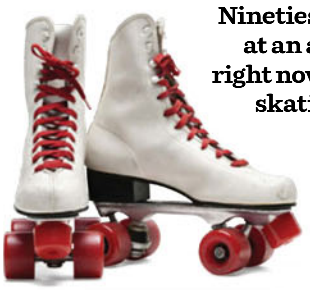
Winter, We're So Over You

Right about now, your skin is probably feeling duller than Jen and Brad's ill-fated marriage. To look more glowy for a big night out, Meg Hagar, the skin-care director at Gotham LASIK & Skincare, recommends applying this face mask on Saturday afternoon.

- *Blend ingredients in food processor until smooth. Spread the paste onto your clean face and neck, and leave on for 15 minutes. Wash off with cold water.*



You Know You Want to Do This…Again



Trust us, they're chic when everyone's wearing them.

Nineties nostalgia is at an all-time high right now, and roller-skating rinks are reemerging across the country (this time with bars). Start an e-mail chain to organize a throwback night this weekend. Don a neon getup, and hit the rinks for a few cocktails and loops on the skating floor.

Be a *Leetle* Bit Selfish

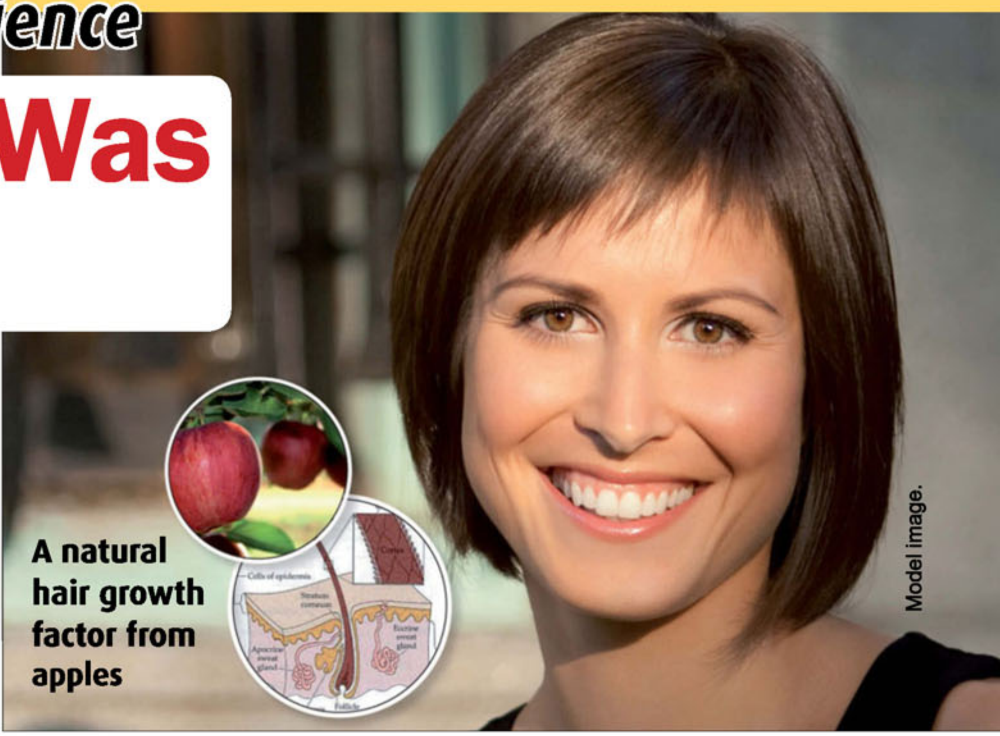
A recent study found that buying yourself a small treat—like a supersoft pair of gloves or a lipstick in traffic-light red—can significantly boost your mood. Sunday, when you actually have some downtime, hit the shops, and make a purchase in person—this way, you can reap all those instant-gratification vibes, uh, instantly.

(Couple) **CHRIS CLINTON.** Fashion editor: Charles Manning. Hair: Kayla Michele at Atelier Management for Redken. Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Manicure: Kelly B. at Defacto for Chanel. Prop stylist: Robert Sumrell for Walter Schupfer Management. (Strawberries and bananas) Photographer's Choice/Getty Images. (Papaya) Brand X Pictures/Getty Images. (Yogurt) fotolia.com. (Honey and sugar) PhotoDisc/Getty Images. (Roller skates) Fuse/Getty Images. (Lipstick) **CHRIS ECKERT/STUDIO D.**

Advertisement

Shocking experience

My Hair Was Thinning



A natural hair growth factor from apples

Model image.

Maja was shocked when her hair started to fall off in tufts in the shower. Hair Volume™ became her resource. A new tablet, which helped her gain healthy hair with lots of volume.

"I found hair everywhere. In my brush, in the shower and on my cardigan. My hair became thinner and I panicked.

Had to do something

I had to do something about it! My mother started to get bald spots as well when she was quite young. The hair grew out again later, but it never regained the same volume and healthy look as before she had a child.

Much of my personality is my hair, and I did not want to end up like my mother. I had earlier tried different kinds of new shampoos, but this time, other measures were called for.

Happy about Hair Volume

I started taking the new **Hair Volume** tablets and there is no doubt. Since I started taking the tablets, I feel that my hair started to grow well again, it has become more full and has gained more volume. I am really satisfied with the tablets. Even my nails are stronger. And it is just 1 tablet per day!

Try this product!

I am sure that there are many women who suffer because of thinning hair caused by factors like diet, ageing or stress in daily life. Most of them do not know what they ought to do about their thinning hair."

Even if you do what you can to look good and feel at ease, the solution must come from within. I am so happy that I am able to tell others about the possibility of the Hair Volume tablets.

Try these tablets now and see what they can do for your hair!

NEW NORDIC
Hair Volume™

Hair Volume is a new Scandinavian invention. Unlike other tablets on the market it is based on an apple extract rich in procyanidin B2 and hair nutrients.

Hair Volume - New invention

The **Hair Volume** tablets are a new invention for hair. **Hair Volume** contains the special Procyanidin B-2 growth factor from apples - a natural ingredient, that may stimulate the hair cells to grow. The tablets also contain biotin, which is necessary for healthy hair growth, as well as copper, that may help maintain a normal pigmentation of the hair, preventing gray hair. The tablets finally contain extracts of millet, silica and vitamin Bs, which increase hair growth and volume.

Now in the USA

Hair Volume is now available at pharmacies and health food stores. For more information or to purchase online, please visit www.newnordicusa.com or call 1-877-My-Nordic.

Walgreens
CVS/pharmacy

One-minute QUIZ

Will you benefit from giving new life to your hair with Hair Volume?

If you can answer yes to any of these questions you should consider taking Hair Volume™.

- ☐ My hair seems thin and lacks volume.
- ☐ My hair in the front scalp becomes lighter.
- ☐ My hair at the front or central scalp is thinning.
- ☐ I experience diffuse hair loss.
- ☐ I'm starting to have grey hairs.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Vacation in Your Bathroom

We're seeing lots of cool bath gear in Mediterranean blue, green, and sunny yellow shades, so you can revel in a beachy state of mind without paying for plane fare.

By Korin Miller

A New Way to Roll
Your typical not-so-gorge t.p. gets a makeover with these cute covers.

Counter Culture
Graphic dishes protect your stuff from the drain… and double as art.

Get a Grip
Scatter whimsical touches, like this fun toothbrush holder, to keep the tone upbeat.

The Mood Setter
Harsh overheads are jarring, so swap them for this pretty candleholder's soft glow.

Take Cover
You'll jazz up even the dingiest floor with a plush striped mat.

soapisavon
verbena tea
1.9 oz / 53g

Hit the Bar
Citrusy hand soaps feel deliciously decadent.

Trash Talk
This skinny can fits into tight spaces. Plus, it offers a pop of color.

LOVE THESE PRODUCTS?
Flip to page 214 to find out where to buy them.

JEFFREY WESTBROOK/STUDIO D. Prop stylist: Molly Fitzsimons for Big Leo.

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– Jessica Knight

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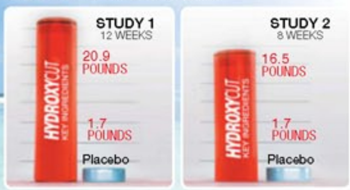
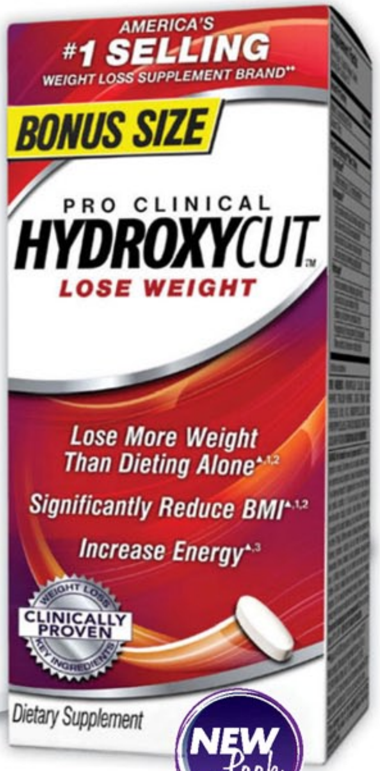
Pro Clinical Hydroxycut is the latest weight loss innovation from the *Hydroxycut* brand, an established industry leader with a commitment to excellence that has stood for over 16 years.



This powerful formula has a key ingredient combination[1] clinically proven to help subjects lose more weight than dieting alone. In fact, where all groups followed a calorie-reduced diet, the average weight loss with the key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in a 12-week study, and 16.50 lbs. vs. 1.73 lbs. in an 8-week study.

"I highly recommend Pro Clinical Hydroxycut."

Dr. Jeff Delson, M.D.
New York, NY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[1] The key ingredients (Hydroxyprovia™) in *Pro Clinical Hydroxycut*™ are lady's mantle extract, wild olive extract, komijn extract, and wild mint extract. Read the entire label before use. © 2011

WWW.HYDROXYCUT.COM

A Sexy Valentine's Meal

Earn his devotion by cooking the grub that really brings guys to their knees: meat and pasta. But don't worry, Katie's trick lightens it up.

Devising the menu for an intimate meal can be a thorny task. You want to make something your guy will go crazy for, but that usually means big and heavy. And feeling overly full kind of kills the mood. Strike the right balance by making one of his favorites, like a pasta Bolognese, but sub chicken for the usual beef. Serve it with a tasty salad, and instead of a traditional dessert, round out the night with a sweet after-dinner drink you can curl up together on the couch with.

Simple flowers and votives set a man-friendly mood.

ANY PASTA WORKS

Rigatoni With Chicken Bolognese

It's rich in flavor despite using white meat.

1 pound ground chicken breast
16-ounce can tomato sauce
6-ounce can tomato paste
½ cup water
1 large carrot, finely chopped
½ onion, finely chopped
2 garlic cloves, minced
1 tablespoon chili powder
1 teaspoon Italian seasoning
1½ teaspoons salt
½ teaspoon black pepper
1 bay leaf
2 tablespoons chopped parsley
1 pound rigatoni
Grated Parmesan cheese

In a stockpot, combine the ground chicken, tomato sauce, tomato paste, water, carrot, onion, garlic, chili powder, Italian seasoning, salt, pepper, and bay leaf. Cover, and simmer over medium heat for an hour, stirring occasionally. Remove bay leaf, and stir in parsley.

Meanwhile, cook rigatoni, and toss with sauce. Serve with grated Parmesan.

Hearts of Palm, Endive, and Avocado Salad

The crunchy-smooth texture is more vibrant than a plain lettuce salad.

14-ounce can hearts of palm, cut into ½-inch slices
1 head endive, chopped
1 avocado, chopped
2 tablespoons olive oil
1 tablespoon lemon juice
Salt and black pepper

In a medium bowl, combine the hearts of palm, endive, and avocado. In a small bowl, whisk the olive oil with the lemon juice. Gently (careful not to mush the avocado) toss the dressing with salad, and season with salt and pepper.

Mocha After-Dinner Drinks

WARM DESSERT ON A COLD, COZY NIGHT

Remember, dark chocolate is an aphrodisiac.

2 ounces dark chocolate
½ cup milk
2 teaspoons sugar
¼ cup coffee liqueur
2 shots espresso (regular or decaf)
Whipped cream and cocoa powder, for garnish

In a small saucepan over medium-low heat, combine chocolate, milk, and sugar. Stir until melted. Remove from heat, and stir in liqueur and espresso. Pour into mugs. Top with a dollop of whipped cream and a dusting of cocoa powder.

JOSÉ PICAVO. Food stylist: Victoria Granof for Art Department. Prop stylist: Tiziana Agnello for Sarah Laird Inc. Fabric for tablecloth: "Striate" by Kate Gabriel, www.studiofournyc.com. (Lee) PETER MURDOCK.

CITRUS & GINGER

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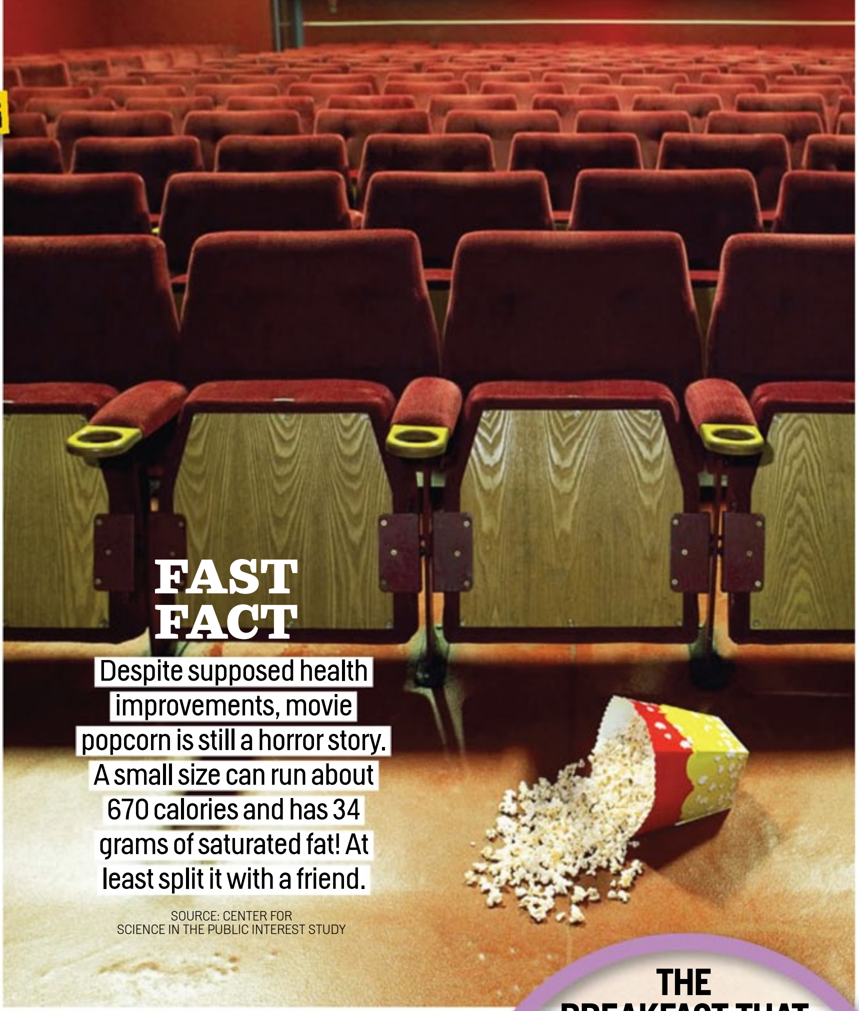
Q&A

"I always gain and lose the same 5 to 10 pounds. Does that screw with my body?"

A five-pound fluctuation is no big deal. But more than that will show up as boob sag, stretch marks, and wrinkling, says Laura Deane, RD. Quit the cycle by just eating nutritiously.



FAST FACT

Despite supposed health improvements, movie popcorn is still a horror story. A small size can run about 670 calories and has 34 grams of saturated fat! At least split it with a friend.

SOURCE: CENTER FOR SCIENCE IN THE PUBLIC INTEREST STUDY

THE BREAKFAST THAT KEEPS YOU THIN

If you want your a.m. meal to help you into your stovepipes, make it high in protein—say, a cheese omelet or yogurt with nuts. Protein-packed breakfasts of about 500 calories were most effective at controlling hunger, reports a recent study.

METABOLISM BOOSTER

Ginger: This spice has been shown to increase calorie-burning powers by 20 percent, according to a recent animal study. Grate fresh ginger (dried may not be as potent) into stir-fries or even bake it into cookies.

SOURCE: SHARON PALMER, A DIETITIAN IN DUARTE, CALIFORNIA

FOOD FIGHT

Chicken Noodle Soup vs. French Onion Soup

Chicken Noodle Soup

Calories: 160

Fat: 4 grams

A bowl of this old-school favorite is low in calories and supplies a decent amount of low-fat protein from the chicken. The noodles are made from refined carbs, but a serving contains only 15 grams of the stuff.

French Onion Soup

Calories: 260

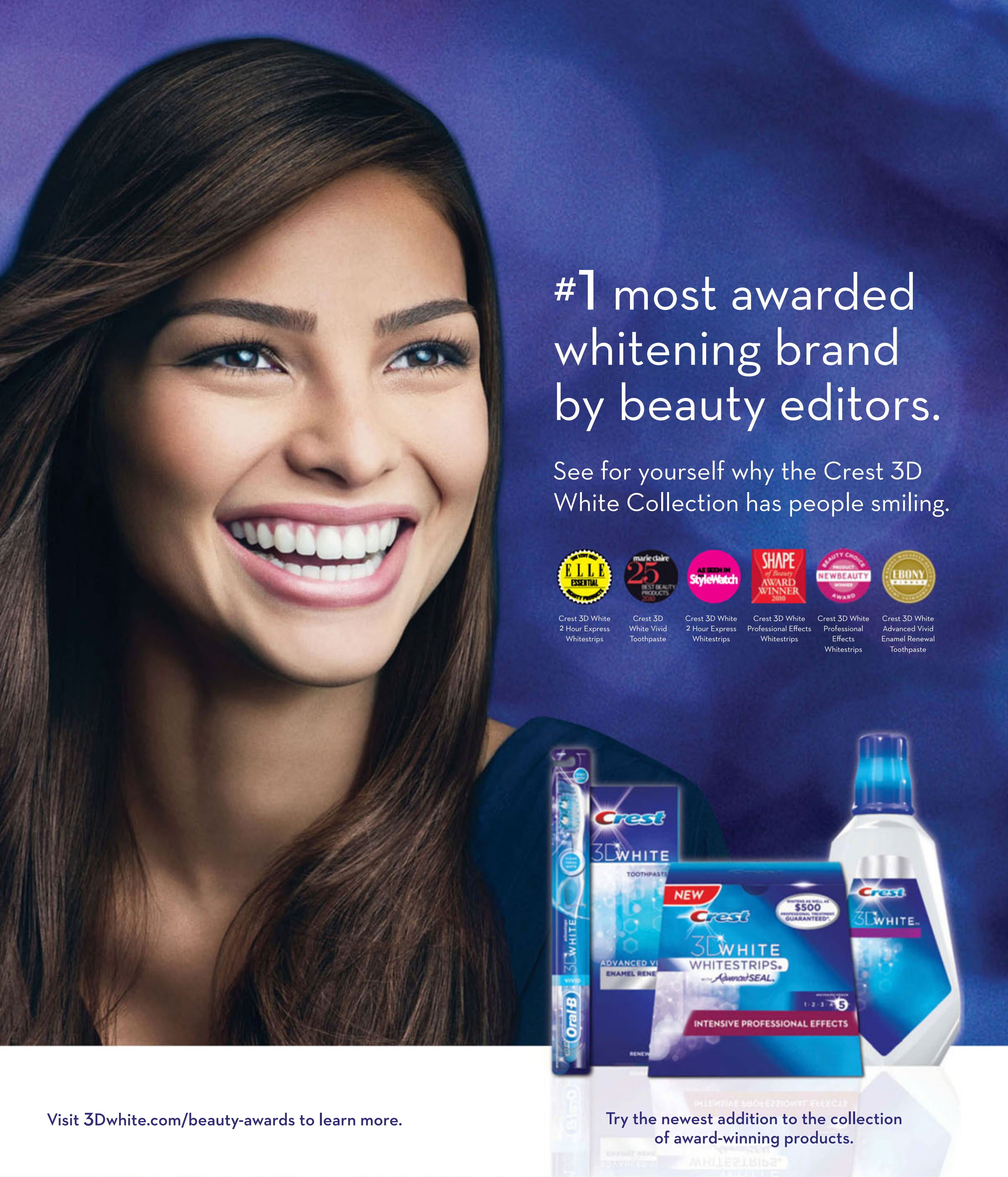
Fat: 14 grams

Even though it's rich and cheesy, this soup racks up only a not-bad 260 calories and has about the same protein count as chicken noodle. Thing is, it's high in fat, 9 grams of which are the artery-clogging saturated kind.

SOURCE: STEPHANIE MIDDLEBERG, RD

In December 2011's Healthy Sexy Strong column, Cosmo misquoted Ann M. Silver, RD, a nutritionist in Long Island, New York, in an item about soda and metabolism. We regret the error.

(Top to bottom, from left) Meche, Hilde/stockfood.com; Brand X/Getty Images; Stockbyte/Getty Images; ©Duca/Photocuisine.



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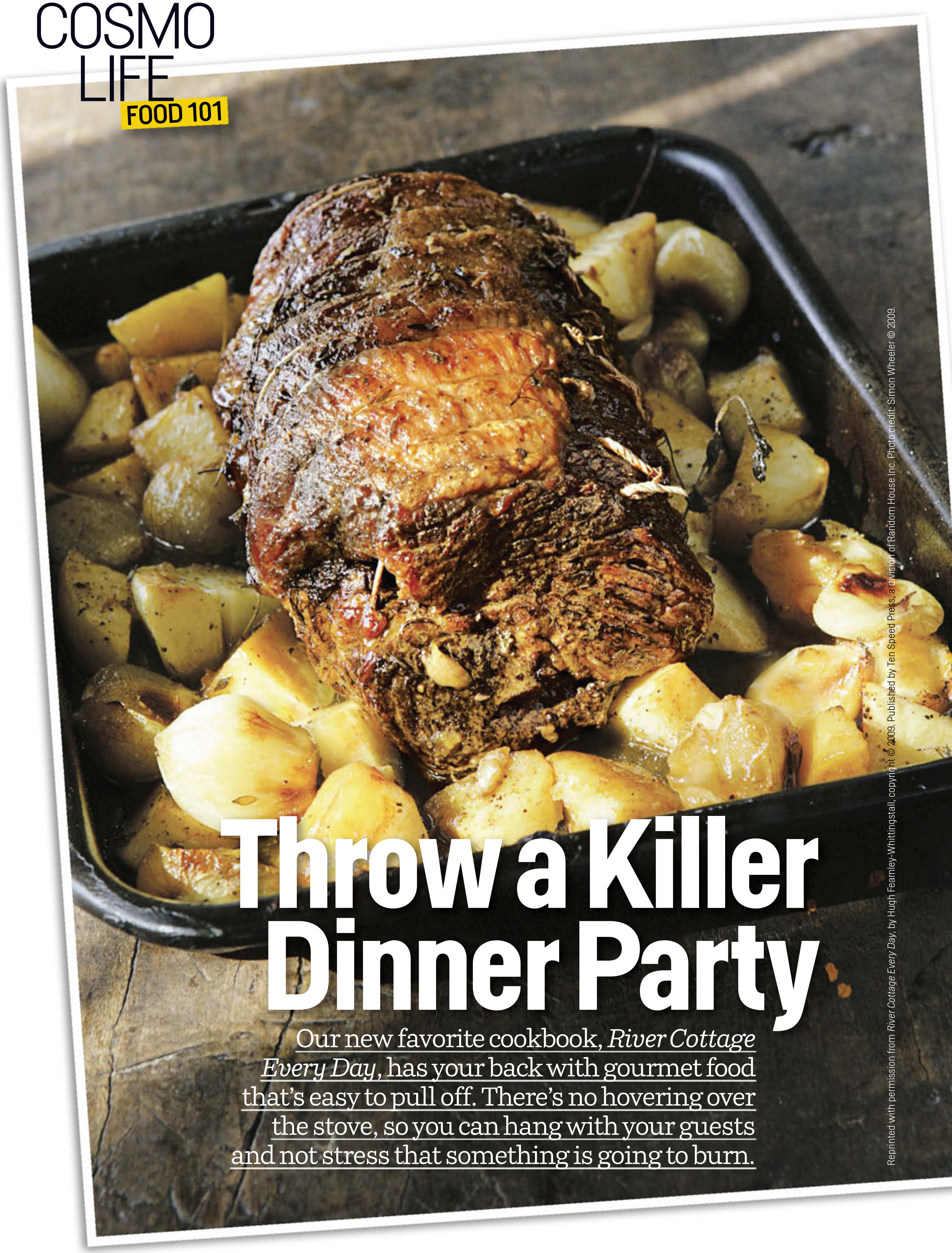

Throw a Killer Dinner Party

Our new favorite cookbook, *River Cottage Every Day*, has your back with gourmet food that's easy to pull off. There's no hovering over the stove, so you can hang with your guests and not stress that something is going to burn.

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Slow-Roast Beef Brisket With Potatoes and Onions

SERVES 4

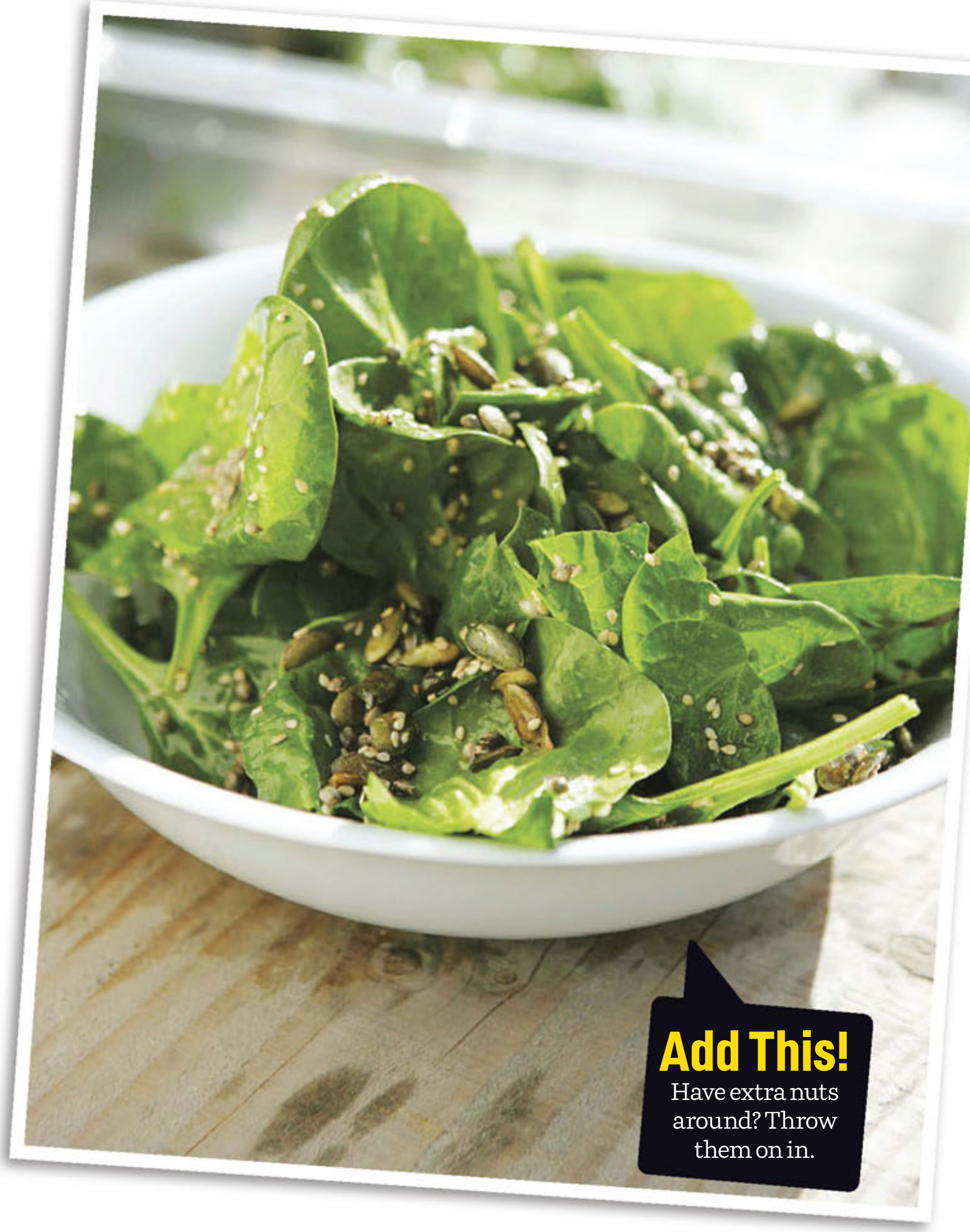
4- to 5-pound piece of boned, rolled beef brisket, tied with string
4 to 5 garlic cloves, coarsely chopped
Good handful of thyme sprigs
2 to 3 tablespoons canola or olive oil
Sea salt and freshly ground black pepper
2 to 2½ pounds potatoes peeled and cut into 1½-inch chunks
1 pound small onions or shallots, peeled

- Preheat oven to 400 degrees.

- Put the tied brisket in a large roasting pan, and tuck the garlic and thyme inside and under it. Massage the oil into the meat, then season well with salt and pepper. Place in the oven and roast for 30 minutes, then remove from the oven. Turn temperature down to 300 degrees, cover the meat with foil, and return it to the oven for 4 hours, by which time it should be very tender.

- Baste the meat with its fatty juices, then add the potatoes and onions to the roasting pan and toss them in the juices too. Turn the oven up to 325 degrees and cook, uncovered, for another hour, until the roast has crisped up and the spuds and onions are cooked through.

- Serve the beef in thick slices with the potatoes and onions. There won't be much in the way of juices, as they will have been absorbed by the vegetables, but any that remain should be spooned over the meat.



Add This!
Have extra nuts around? Throw them on in.

Seedy Spinach Salad

SERVES 4

1 to 2 tablespoons pumpkin seeds
1 to 2 tablespoons sesame seeds
1 to 2 tablespoons hemp seeds or poppy seeds
1 teaspoon fennel or cumin seeds (optional)
8 ounces young spinach leaves

For the dressing:

Good squeeze of lemon juice
Pinch each of sea salt, freshly ground black pepper, and superfine sugar
3 tablespoons canola oil (or 1½ tablespoons each olive and sunflower oil)

- Combine all seeds in a dry frying pan over medium heat. Toast them for a minute or two, tossing frequently so they don't burn, until they start to brown and smell really lovely. Pour into a bowl, and set aside to cool.

- To make dressing, stir the lemon juice and seasonings together in a bowl and then whisk in the oil, or shake the ingredients together in a screw-top jar to combine.

- Put spinach leaves in a serving bowl, drizzle dressing over them, and toss together. Scatter about half the seeds over the salad, toss lightly again, then sprinkle remaining seeds and serve.

Callie W. said:

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Skinny Cow

Easy, Rich Chocolate Cake

SERVES 10

8 ounces dark chocolate (around 70 percent cocoa solids), broken into chunks
1 cup (2 sticks) unsalted butter, cut into cubes
4 eggs, separated
1 cup superfine sugar (or ½ cup superfine mixed with ½ cup light brown sugar)
¼ cup all-purpose flour
⅓ cup ground almonds

- Preheat the oven to 325 degrees. Grease a 10-inch springform cake pan, and line the bottom with parchment paper.

- Put the chocolate and butter in a heatproof bowl, and place it over a pan of barely simmering water, making sure the water doesn't touch the bottom of the bowl. Stir occasionally until the butter and chocolate have melted.

- Meanwhile, whisk the egg yolks and sugar together in a large bowl until well combined. (If you use the superfine- and brown-sugar mix, the cake will have a lovely hint of caramel, but superfine sugar on its own is absolutely fine.) Stir the melted chocolate and butter into the egg and sugar mixture. Combine the flour and almonds, and fold these in too.

- In a separate bowl, whisk the egg whites until they hold firm peaks. Stir a large spoonful of egg whites into the chocolate mixture to loosen it, then carefully fold in the rest of the egg whites with a rubber spatula, trying to keep in as much air as possible.

- Pour the mixture into the prepared pan. Bake for about 30 minutes, until only just set. The cake should still wobble slightly in the center—this means it will have a divinely sticky, fudgy texture once it's cooled down. Let cool for 10 to 15 minutes before releasing the sides.

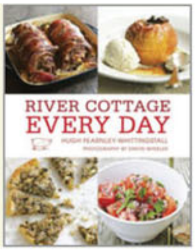
- Serve warm or cold and on its own or with a dollop of thick cream, crème fraîche, or Greek yogurt.

For a more adult version, stir a slug of whiskey into whipped cream sweetened with a little confectioners' sugar and serve it spooned over each slice of cake.

Buy the Book

Get even more delicious recipes—like lamb burgers, lentil soup, and 10-minute chocolate-chip cookies—by picking up your own copy.

$22, amazon.com


RIVER COTTAGE
EVERY DAY

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Cosmo Astrologer

Get a sneak peek at what to look forward to...and what to watch out for.

By Stacey Wolf

Emma Roberts
February 10, 1991

Aquarius

BIRTHDAY GIRL
(JAN. 21–FEB. 18)

STRENGTHS: Imaginative, spontaneous, witty

WEAKNESSES: Defiant, occasionally inconsistent

WHAT MAKES YOU SEXY: You are comfortable in your skin and aren't afraid to voice your opinion. Guys are drawn to that confidence.

YOUR BIRTHDAY MONTH: Inquisitive Neptune has you trying all sorts of new things near the 3rd. From trendy workout classes to book-club invites, just say yes. One will spark a serious passion.

DATING TIP: The alluring Sun amps up your mojo near the 18th, making men flock to you. If a guy who's not your usual type asks you out, go anyway. The stars say you might be surprised.

LOVE ADVICE: Close to the 9th, pleasure-seeking Uranus will have you all riled up. Rather than going out on a Friday night, stay in for a marathon sex session with your man. Take turns exploring new pleasure spots by kissing each other all over.

Pisces (FEB. 19–MARCH 20)

Get ready for a transformation near the 24th, when the energizing Moon shakes things up. Bored at work? In a romance rut? Not anymore.... **DATING TIP:** Near the 16th, captivating Jupiter causes your crush to finally notice you. Cement his blooming feelings by inviting him to grab beers after work—he'll say yes. **LOVE ADVICE:** Sensual Neptune wants you to go all out for Valentine's Day this year. Book a candlelit dinner, then go home for some slow, soft lovin'.

Aries (MARCH 21–APRIL 20)

Relaxing Pluto has you craving quiet time near the 23rd. Plan for drinks at a cozy wine bar with a pal instead of a rager. **DATING TIP:** Sign up for an online-dating site midmonth. Under alluring Mercury's rule, you'll hook some hotties (one even has LTR potential). **LOVE ADVICE:** While out at dinner with your man near the 11th, tantalizing Venus says text him this: *Missionary or doggie-style for dessert?* The anticipation will drive him wild.

Taurus (APRIL 21–MAY 21)

When your BFF is reminiscing about her ex near the 20th, the loyal Moon says take her mind off things by spending Saturday getting manis. Gossiping about new guys pulls her out of her funk. **DATING TIP:** On a second date near the 8th, mischievous Venus says have him complete this sentence: "The time I got in the most trouble was when I...." You'll learn a lot about him. **LOVE ADVICE:** He's being weirdly quiet near the 13th. Patient Saturn says wait it out; he'll soon be back to normal.

Gemini (MAY 22–JUNE 21)

Work is hellish near the 15th. When you come in early (again!), charming Neptune says bring a latte for your boss. It'll score major bonus points. **DATING TIP:** Near the 24th, the enchanting Sun sets a dude who's totally your type in your path. The catch: You met him once before and brushed him off. This time, dig deeper. **LOVE ADVICE:** Kind Uranus swoops in midmonth and encourages you to surprise him with a bag of his favorite candy. Small gestures like this make him feel appreciated and make you both feel closer than ever.

Cancer (JUNE 22–JULY 22)

Near the 19th, the audacious Sun boosts your confidence. Now's the time to pitch that work idea that you put on the back burner. **DATING TIP:** At the beginning of the month, curious Mercury spurs you to FB-message a cute friend of a friend. The flirty exchange results in a fun date. **LOVE ADVICE:** Near the 9th, covert Uranus suggests surprising him by showing up at his office and "kidnapping" him to bring him to his fave bar.

Leo (JULY 23–AUG.23)

Daring Jupiter makes you fearless the week of the 25th. Try something adventurous, like heading to a party solo. **DATING TIP:** At a bar near the 10th, enticing Pluto says engage a group of guys at the table next to you by asking them to share apps with you. Then exchange chicken fingers ...and phone numbers. **LOVE ADVICE:** At the end of the month, experimental Neptune says test-drive a new sex-kitten look, like wearing stilettos and nothing else. He won't be able to resist.

Virgo (AUG. 24–SEPT. 23)

Perceptive Venus makes you nearly psychic after the 7th, especially when it comes to guy situations. Give your insight to friends; one needs to hear it. **DATING TIP:** A great third date ends at your place near the 16th. Clever Mercury says lend him a book you know he'll love—he digs your smart side. **LOVE ADVICE:** You're thinking about your future together near the 28th. Under the bonded Sun, tell your guy what's on your mind. It'll spark a convo that'll bring you closer.

Libra (SEPT. 24–OCT. 23)

Near the 20th, refreshing Mars says have a tropical-themed party. Make bathing suits mandatory and have fun.

John Parra/WireImage

DATING TIP: The steamy Moon predicts hottie spotting at the gym near the 22nd. Try a CrossFit class; you'll likely be the only chick there.
LOVE ADVICE: When opposite schedules keep you apart the week of the 5th, cozy Uranus says set your alarm and wake up early for a.m. lovin'. It makes all the difference.

Scorpio (OCT. 24–NOV. 22)

Flirty Neptune reigns near the 14th, meaning it's easy to charm the pants off anyone. Head to a hot restaurant with the girls and buddy up with the maître d'. He'll squeeze you in ASAP.
DATING TIP: Fiery Jupiter makes you feisty near the 26th. On a second date, do something competitive—like playing pool or arcade games. Sparks will fly.
LOVE ADVICE: Close to the 29th, lusty Pluto suggests you try some role-play. Make him hot for teacher by giving him a lesson in oral pleasure.

Sagittarius (NOV. 23–DEC. 22)

When new neighbors move in around the 23rd, the social Moon says invite them to a party. Turns out, they have cool friends who will expand your circle.
DATING TIP: Bewitching Venus puts you in a vixeny mood near the 9th. Wear red lipstick on a first date. He won't stop staring.
LOVE ADVICE: Near the 17th, salacious Mercury says toss a bottle of warming lube into your basket during a boring errand run with your guy. Afternoon: no longer boring!

Capricorn (DEC. 23–JAN. 20)

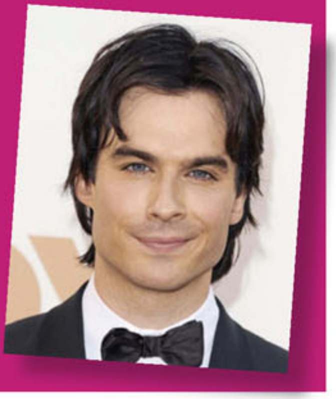
You've been feeling kind of blah at work, so at month's end, the dynamic Sun says shake things up. Volunteer to spearhead a major project. It'll be the refreshing experience you need.
DATING TIP: Around the 20th, quirky Neptune says come up with a different date idea (rock climbing instead of drinks) with a newish guy. He'll dig your up-for-anything attitude.
LOVE ADVICE: Near the 19th, whimsical Mercury suggests putting a temporary tattoo on your booty or inner thigh. Then tell him to go on a sexy scavenger hunt to find it.

Aquarius
Best Love Matches

Gemini

Chris Evans
June 13, 1981

Just like you, he's up for anything. Begin the evening at a cool new café; end the night corrupting the couch.



Sagittarius

Ian Somerhalder
December 8, 1978

Chemistry is explosive with this creative dude. Sexting, role-play, and sharing erotic fantasies fuel his between-the-sheets desire.

Turning Him On

The stars reveal how to tantalize your man.

Aquarius

The valiant Moon makes him extra-gentlemanly near the 10th. Opening doors, paying for drinks, he's doing it all.
The move he's craving: You in control. Let him know he must follow your sexy orders.

Pisces

The titillating Sun makes him horny around the 26th. Have sex before heading out on a date, then again when you get home.
The move he's craving: A reverse romp. Start with intercourse; end with oral.

Aries

He's craving couple time near the 19th, thanks to reflective Neptune. Cancel brunch plans, and spend the day in bed.
The move he's craving: Spine-tingling sensations. Rub his back as he thrusts.

Taurus

Efficient Mercury has him tackling his to-do list near the 23rd—make sure you're on it.
The move he's craving: Skin on skin. Give him a lap dance while you're both naked.

Gemini

Hardworking Pluto has him putting in extra hours on the job around the 27th. To show support, stock his fridge with his fave brews.
The move he's craving: A hot shower. Bend over, palms on tiles, and have him enter you.

Cancer

When risk-taking Venus rules early in the month, he's craving wild fun. Suggest hitting up a casino for some poker.
The move he's craving: Manual touches. Treat him to hands-on action while watching TV.

Leo

He comes up with an offbeat V-Day gift/date under creative Neptune. Be on the lookout!
The move he's craving: Playful passion. Suggest strip trivia; loser gets oral attention.

Virgo

Industrious Venus has him tackling home repair near the 11th. Tell him how hot he is in a tool belt; it majorly boosts his mojo.
The move he's craving: Lots of buildup. Send naughty texts to him All. Day. Long.

Libra

Near the 8th, under easygoing Mars, plan a party together. The project fuses you.
The move he's craving: Sweet lovin'. Put some whipped cream on his shaft, then slowly lick it off.

Scorpio

Amorous Jupiter turns him into a romantic near the 25th. He'll want extra PDA.
The move he's craving: A carnal show. Have him watch while you touch yourself.

Sagittarius

He's craving a challenge near the 19th, thanks to the boastful Moon. Suggest going to trivia night at the local pub.
The move he's craving: Erotic eye contact. Lock gazes as you stroke his member.

Capricorn

Near the 9th, revealing Uranus says he'll really open up to you. Be prepared for him to tell you exactly why he loves you.
The move he's craving: A close connection. Get sensual together with spooning sex.

(Somerhalder) Jon Kopaloff/FilmMagic. (Evans) Rob Kim/FilmMagic.

Red-Hot Read

We want to go to here.

Lusty Little Secrets

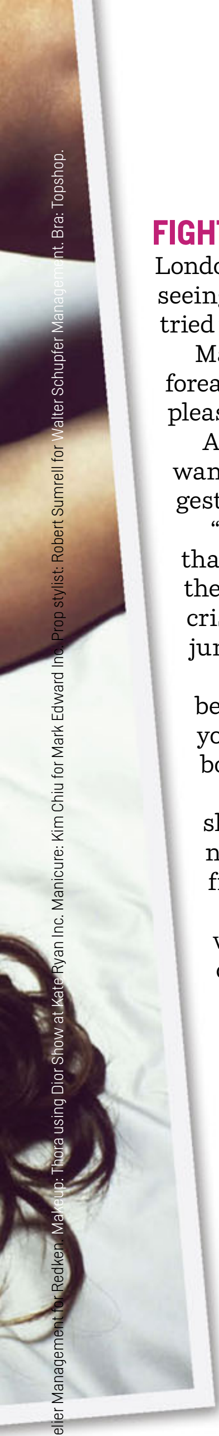
London is a loner and with good reason—she has a shady past that she's determined to hide. So when she meets Marc King, who looks at her like he knows her deepest, darkest truths, all London can think is *Uh-ohhh*.

GET
Lucky
THE BOUNTY HUNTERS
LORIE O'CLARE
AUTHOR OF PLAY DIRTY

From *Get Lucky*, by Lorie O'Clare...

London Brooke is the star employee of a chic Colorado ski lodge—she is gorgeous and gets hit on all the time, but she's so not on the market. That changes when Marc King, a "salesman," checks in. London and Marc both want each other, but London is wary of getting close to people—she doesn't want anyone to find out that her parents are con artists. Keeping her secret is isolating, and in a weak moment, she gives in and has sex with Marc. But in the morning, he's gone from her bed.

Confused, London Googles his name to snoop...and that's when she discovers that Marc is actually a bounty hunter. Suspicious that he's been using her to track down her parents, she calls him, pissed. Marc assures her that isn't the case and he had a good reason for leaving and will return soon. When he shows up at her door a few days later, London is torn between throwing something at him...and throwing him onto her bed to have her way with him again.



CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Thora using Dior Show at Kate Ryan Inc. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Bra: Topshop.

FIGHTING DIRTY

London opened the door. After seeing Marc standing there, she tried to slam it in his face.

Marc caught the door with his forearm, stopping her. “London, please let me explain.”

As angry as she was, London wanted answers. “Fine,” she said, gesturing for him to come inside.

“I didn’t mean to leave like that,” Marc said once she’d shut the door. “There was a family crisis, and I didn’t think. I just jumped in my car and left.”

“How am I supposed to believe any of that is true when you lied to me about being a bounty hunter?”

Marc sighed. “I’m sorry, I should have told you, but I’m not used to offering up details from my life.”

London’s cheeks flushed with anger. “Well, my life is complicated enough, and I don’t need to add to it. You can leave.”

Instead of walking out, Marc took a step toward her. His blue eyes were practically undressing her as he approached, and she could feel the heat radiating off him. He stooped and whispered into her ear: “Please give me another chance.”

He smelled unbelievable, and when he brushed her hair away from her face and lowered his mouth to hers, she didn’t push him away.

“Just don’t ever lie to me again,” she whispered before he kissed her.

TOO HOT TO RESIST

Marc pressed his body against hers, twirling his tongue and deepening the kiss. She could feel his long, hard erection throbbing through his jeans.

“London,” he growled, “I missed you every day I was away.”

With that, Marc lifted her into his arms as if she weighed absolutely nothing and carried her to the bedroom.

He placed her on the bed, and London rose to her knees, pulling her dress over her head. Standing at the foot of the bed, Marc began to undress as well.

London watched as first his shirt fell to the floor and then his jeans and boxers, revealing his ridiculously perfect body. It was official—Marc King fell into a category of one when it came to eye candy.

Marc joined her in bed, lowering his body over hers. As he pressed his tongue against hers, she reached down and wrapped her fingers around his thick member, squeezing ever so slightly. Marc closed his eyes and bit his lower lip. “London,” he groaned, dragging her name out as long as possible.

She continued to squeeze and stroke as he eased her bra straps off her shoulders and removed the lace cups from her breasts. Gently, he grazed his teeth over her nipples, and London moaned in appreciation.

Leaning on one arm, Marc used his other hand to drag his fingers down her stomach, stopping to cup her between her legs. She writhed beneath him, raising her hips and grinding against his hand.

London wanted her underwear gone, and she wanted Marc inside her. When she tilted her head to meet his gaze, her look must have told him as much, because he pushed her lace thong down her thighs and jumped out of bed.

COMPLETE SURRENDER

Marc pulled a condom out of his pants pocket and sheathed himself before climbing back on top of her. Kissing her again, he slid inside her. He filled her completely, his size a perfect fit.

London moved underneath him, adjusting her body in order to allow him deeper access. Marc thrust slowly, hitting her in just the right spot. “London, god, you feel good,” he grunted, building the momentum.

> **“Marc closed his eyes and bit his lower lip, tilting his head back in ecstasy. ‘London,’ he groaned, dragging her name out as long as possible.”**

London took all that he had. She’d gone far too long without this kind of good sex. She could feel herself getting close, and when Marc propped himself up on his hands, driving into her again and again, he took both of them to the brink. She clenched, causing them to climax with such force that there wasn’t any doubt in her mind that she would want to do this again...and again.

The realization left her terrified. Marc would be leaving in a few weeks, she reminded herself, and once more she would be alone, working day and night trying to forget about her past...and lying to herself about how lonely she really was. The thoughts hit her hard, but with Marc’s naked body so close to hers, it was damn near impossible to let them sink in. ■

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WEIGHT LOSS UPDATE:

Super-Powerful "Diet Pills" Make Comeback

They're flying off the shelf... But they're NOT for everyone!

By Tiffany Strobel*

Most of us thought the era of the "Super-Powerful" diet pill ended a few years back when the FDA removed Ephedra and Fen-Phen from the U.S. market because of safety concerns.

Well, it turns out that "most of us" were wrong. It seems that a huge, multi-billion-dollar, "underground" market for these amphetamine-like fat burners sprung up even before the ink was dry on the FDA's decree.

But recently, an entirely new crop of high-quality, super-powerful and super-effective diet pills are coming out of hiding and are hitting the shelves of your local Wal-Mart and GNC.

The current leader in this new category is a product called BiphedAdrene™ developed and sold by a division of Generix Labs, LLC. The company tells us that BiphedAdrene is a two-part system comprised of a unique "Amphetamine Provisional Complex" (for powerful appetite control, mood-elevation, and energy) combined with an aggressive thermogenic compound (for fat burning and stamina). This two-pronged attack on fat is apparently what makes the compound so effective... and so popular.

While the pills do cause rapid weight loss (no doubt about that), these amphetamine-like compounds are fast becoming a favorite among bodybuilders, college students, and overstressed, exhausted homemakers for their energy and stamina-boosting properties (in other words as powerful "go-fast" pills). Because cult-like trends that begin with bodybuilders and college students quickly become mainstream, many BiphedAdrene (or BiPhed for short) critics are concerned about the overuse of these powerful compounds.

> *While the pills do cause rapid weight loss (no doubt about that), most people buy them as "speed" pills*

A spokesperson for Generix Labs explains, "One of the things we often heard, as we made a study of the weight-loss market, is that people missed the mood-elevation and boost of energy that that were 'side-effects,' if you will, of the Fen-Phen and Ephedra class of diet pills. The weight loss was always primary, but nearly as important was the increase in energy and mood. These new non-amphetamine compounds provide not only very substantial weight loss, but also a similar mood and energy boost."

While these "super pills" are finding their way into the general marketplace, they are definitely not for everyone. In fact, you shouldn't even think about taking them if losing five or six "vanity pounds" is your goal. These diet pills are intended exclusively for the significantly overweight. But that's not the only caveat. You should check with your doctor to ensure you are in overall good health before considering any of this new category of pills.

Let's face it... even though this new generation of diet pills, such as BiphedAdrene, promise "easy" weight loss, increased energy, and improved mood, they are expensive ($135 for a 30-day supply) and need to be used very responsibly. See you in the supplement section!

---

*Tiffany Strobel is an author, columnist, and beauty editor of MyFreeDiet.com

Supplement Facts
NBF-160PAC
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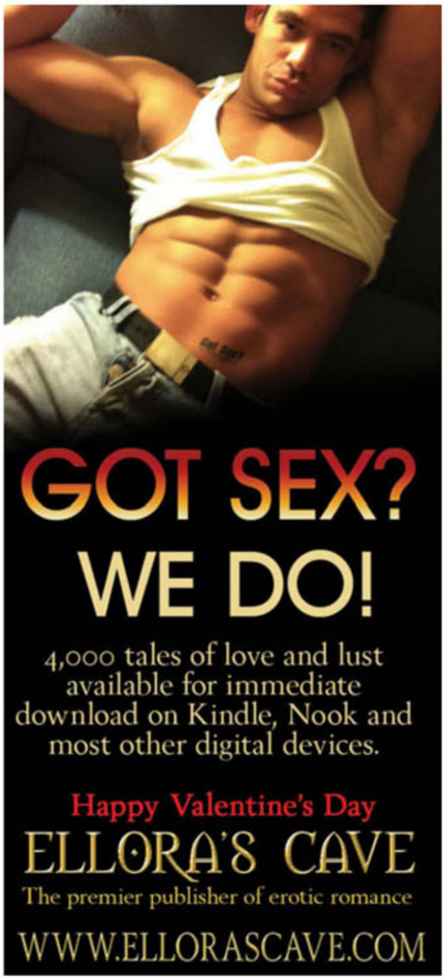
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Almost everyone knows Nicole "Snooki" Polizzi has been losing weight. And she's looking really, really good. But the *Jersey Shore* superstar and bestselling author ain't done yet. In her recent interview with *GQ Magazine*, the self-described "meatball" had a few words to say to all of the people who used to make fun of her weight: "I'm going to be 98 pounds again and everyone can suck it!"

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Page 177: J.Crew—jcrew.com. **Roger Vivier—**Roger Vivier, New York City, 212-861-5371. **Kenneth Jay Lane—**877-953-5264. **House of Lavande—**House of Lavande, Palm Beach, Fla., 561-802-3737. **Raoul—**Montmartre, New York City. **ASOS—**asos.com. **Brian Atwood—**saksfifthavenue.com. **France Luxe—**franceluxe.com. **Rahaminov for Forevermark—**forevermark.com. **R.J. Graziano—**212-685-1248. **Emilio Pucci—**Emilio Pucci boutique, New York City. **Adrianna Papell—**Nordstrom. **Marc Jacobs—**marcjacobs.com; Marc Jacobs, New York City, 212-343-1490. **Dior—**Dior boutiques nationwide; 800-929-DIOR. **Van Cleef & Arpels—**vancleefarpels.com; 877-VAN-CLEEF. **Tacori—**tacori.com.
Page 178: Milly—millyny.com. **Kenneth Jay Lane—**877-953-5264. **Unique Vintage—**uniquevintage.com.
Page 179: Julie Dillon—Nordstrom. **Marc Jacobs—**marcjacobs.com; Marc Jacobs, New York City, 212-343-1490. **Kenneth Jay Lane—**877-953-5264. **Dior—**Special order, 800-929-DIOR. **Oscar de la Renta—**Oscar de la Renta boutiques.
Page 180: H&M—hm.com. **Kenneth Jay Lane—**877-953-5264. **YSL—**yslbeautyus.com. **OPI—**Professional salons.
Page 181: Simon Spurr—shop.simon-spurr.com. **Surface to Air—**Surface to Air, New York City. **Thomas Pink—**Thomas Pink, New York City, 212-838-1928. **Burberry London—**Burberry boutique, New York City; burberry.com. **Elie Saab—**eliesaab.com. **Sergio Rossi—**sergiorossi.com. **Rahaminov for Forevermark—**forevermark.com. **Dior—**Dior boutiques nationwide; 800-929-DIOR. **Lulu*s—**lulus.com. **Valentino Garavani—**Neiman Marcus. **Anya Hindmarch—**Anya Hindmarch, New York City, 212-750-3974. **R.J. Graziano—**212-685-1248. **Ben-Amun—**ben-amun.com. **House of Lavande—**House of Lavande, Palm Beach, Fla., 561-802-3737. **Uniqlo—**Uniqlo stores, New York City. **Louis Vuitton—**Select Louis Vuitton boutiques. 866-VUITTON. **Carven—**Bergdorf Goodman. **Brian Atwood—**saksfifthavenue.com.
Page 182: H&M—hm.com. **Kenneth Jay Lane—**877-953-5264. **House of Lavande—**House of Lavande, Palm Beach, Fla., 561-802-3737. **Bulgari—**bulgari.com.
Page 183: Trina Turk—Trina Turk, New York City, 212-206-7383; trinaturk.com; 888-444-7748. **Eres—**888-656-3737. **Marc by Marc Jacobs—**Nordstrom. **H&M—**hm.com. **Roger Vivier—**Roger Vivier, New York City, 212-861-5371. **Kenneth Jay Lane—**877-953-5264. **Marc Jacobs—**marcjacobs.com; Marc Jacobs, New York City, 212-343-1490. **R.J. Graziano—**212-685-1248. **Swarovski—**Swarovski boutiques nationwide; 800-426-3088; swarovski.com.

TIPS MADE FOR MANHANDLING

Pages 184 to 189: Zoya—zoya.com. **Orly—**orlybeauty.com. **The New Black—**Nordstrom. **Chanel—**chanel.com. **Nails Inc.—**sephora.com. **Color Club—**shopcolorclub.com. **Dior—**sephora.com. **CND—**cnd.com. **OPI—**Professional salons. **Red Carpet Manicure—**ulta.com. **SensatioNail—**Drugstores. **Broadway imPress—**Drugstores. **LCN—**lcnusa.com. **Essie—**essie.com. **Incoco—**incoco.com. **A. Link for Forevermark—**forevermark.com. **Bulgari—**bulgari.com. **Jennifer Miller Jewelry—**jennifermillerjewelry.com; 212-734-8199. **Ritani—**ritani.com. **Alexis Bittar—**alexisbittar.com; Alexis Bittar retail stores. **Vita Fede for Jennifer Miller Jewelry—**jennifermillerjewelry.com; 212-734-8199. **Kenneth Jay Lane—**877-953-5264. **Tacori—**tacori.com. **Anna Ruth Henriques—**Reinhold Jewelers, Puerto Rico; annaruthhenriques.com. **DANNIJO—**dannijo.com. **Swarovski—**Swarovski boutiques nationwide; 800-426-3088; swarovski.com. **Kara by Kara Ross—**kararossny.com. **Undrest—**undrest.com; net-a-porter.com. **Simon G.—**simongjewelry.com. **Solange Azagury-Partridge—**net-a-porter.com. **House of Lavande—**House of Lavande, Palm Beach, Fla., 561-802-3737. **Hearts on Fire—**heartsonfire.com. **H.Stern—**H. Stern boutiques and retailers nationwide; hstern.net; 800-7HSTERN. **Alexis Bittar for Jennifer Miller Jewelry—**jennifermillerjewelry.com; 212-734-8199. **Lanvin—**net-a-porter.com. **Noir Jewelry—**noirjewelry.com.

VACATION IN YOUR BATHROOM

Page 194: Toilet-paper covers, Paper Pot, $40 each, containerstore.com. Toothbrush holder, Umbra, $9, containerstore.com; toothbrushes, Pantone, $10 for five, kikkerland.com. Mat, West Elm, $24, westelm.com. Dishes, West Elm, $6 each; ring, Azaara, $265, azaara.com. necklace, $980, and earrings, $375, Helen Ficalora, 877-754-2676. Soaps, Nest, westelm.com. Candleholder, West Elm, $19, westelm.com. Trash can, Umbra, $7, containerstore.com.

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Cosmo Quiz

Are You Daring Enough?

By Anna Davies

1. You find an amazing LivingSocial deal for a tropical vacation. Immediately, you:

- Ⓐ Decide if it pops up again, it's a sign you should buy.
- Ⓑ Forward it to your BFFs and ask if they'd be into it too.
- Ⓒ Enter your credit-card info and handle any pesky details later.

2. At work, your boss shoots down an idea that you know is brilliant. How do you respond?

- Ⓐ You tweak your idea based on her criticism then ask to meet again.
- Ⓑ You send a memo to your boss's supervisor. You know she'll dig it.
- Ⓒ You thank her for her time and focus on other stuff.

3. It's a random Saturday night, and you and your friends don't have any plans. You decide to:

- Ⓐ Order takeout and queue up Netflix for a Ryan Gosling–fest.
- Ⓑ Drive around looking for a raging party you can crash. Why not?
- Ⓒ Head to a new bar and challenge a group of cute guys to pool.

4. At the bar, you spot a hot dude talking to another chick. You can't tell if they're together, so you:

- Ⓐ Tap him on the shoulder and introduce yourself.
- Ⓑ Turn away. She's probably his GF, and you're no man stealer.
- Ⓒ Give him a long, flirty stare to see how he reacts.

5. You walk into the hair salon. You tell the stylist:

- Ⓐ "Do whatever you'd like!"
- Ⓑ "I like Nicole Richie's shaggy bangs. Would they work on me?"
- Ⓒ "Can you take off an inch from the bottom?"

7 to 10 POINTS

True Rebel

You're an adrenaline junkie who loves the rush you get from making spur-of-the-moment choices. And while your adventurous decision making can open you up to new experiences, it can also bring unwanted drama into your life—for example, buying that vacay deal without considering the state of your bank account. The result? Instead of relaxing on the trip, you're freaked about finances. "What you should do is take five minutes to think about the pros and cons before deciding," says Mary Jane Ryan, author of *This Year I Will*. "It's a short enough amount of time that it still feels impulsive."

4 to 6 POINTS

Right Kind of Gutsy

Talk about fun and fearless. "You understand that getting what you want often involves taking risks," says Ryan. "But you aren't someone who makes bold moves just for the hell of it." And that's the perfect combo, because it means you are willing to put yourself out there but thoughtful and intelligent about it. Keep feeding that courage by thinking of new, outside-the-box ideas at work and flirting with cute random guys.

0 to 3 POINTS

Way Too Timid

"Play it safe" is pretty much your mantra. You may love the idea of a trendy haircut, yet you always chicken out and stick with what you know works. "But pushing yourself out of your comfort zone helps you grow," says Tim Ursiny, PhD, author of *The Confidence Plan*. "If you don't, it's easy to become stuck in a rut." Your antidote: Pick one area of life to get gutsier in. Instead of your usual trim, try a bold new cut. You'll become comfortable making those small, daring moves and slowly work your way up to bigger ones.

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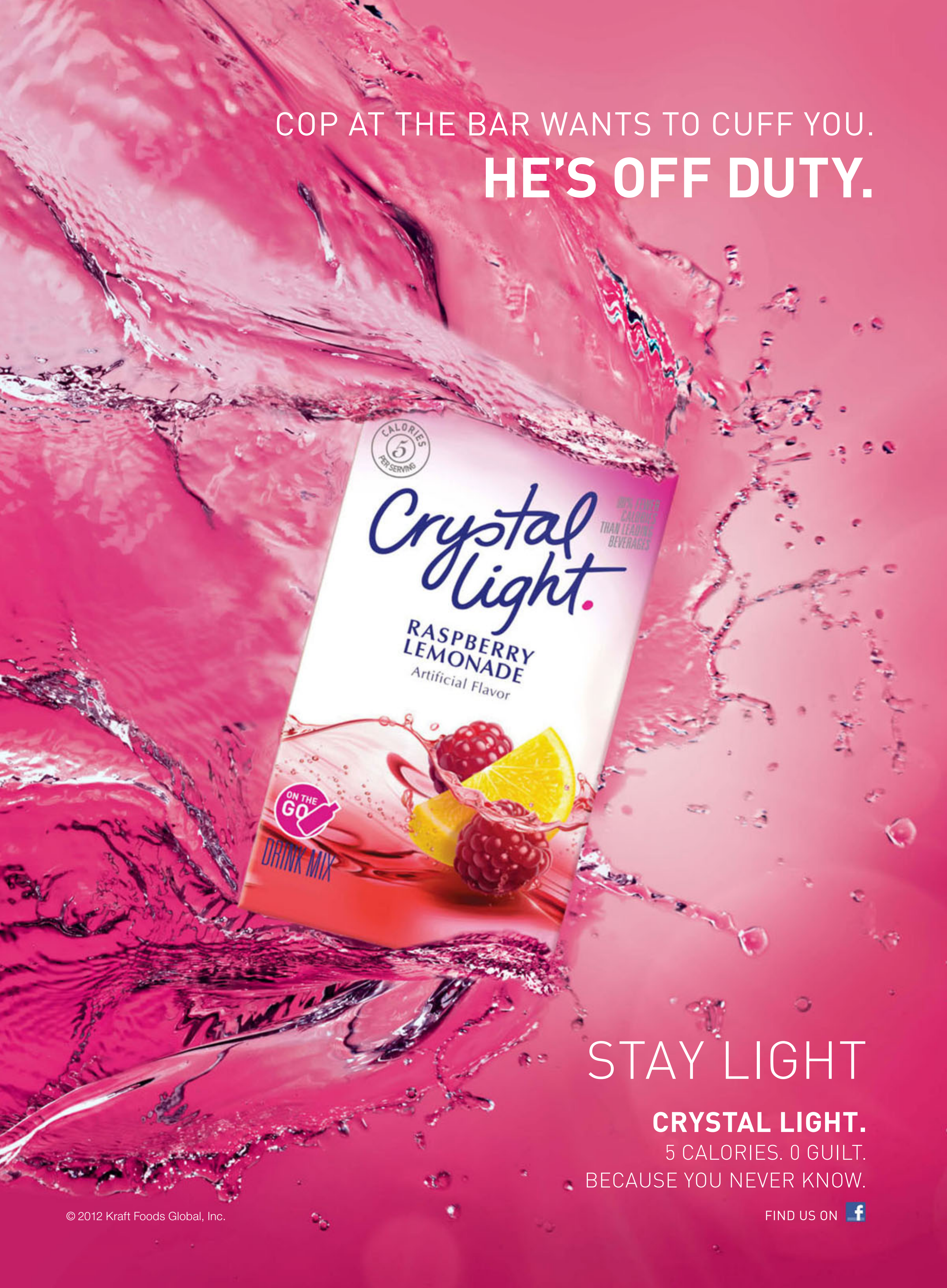
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